

2013 NOFA SUMMER CONFERENCE WORKSHOP DESCRIPTIONS (by CATEGORY)

Updated: August 1, 2013

www.nofasummerconference.org



You will find here a complete list of workshops organized by **CATEGORY**. You can read this same workshop list [organized by TIME SLOT here](#). There are eight 90-minute workshop slots during the conference: two on Friday, August 9; three on Saturday, August 10, and three on Sunday, August, 11.

Titles and descriptions are included along with, codes for workshop tracks, skill levels to which the workshops are directed, workshops locations, presenter names, bios, and directions for four workshops. Once you are registered for the conference, you may attend any workshop listed here by simply walking to the room listed and taking a seat.

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WORKSHOP TRACK KEY

A workshop track lists workshops under a common theme, practice, or perspective. All workshops fit into a topic category; some also fit into a track.

- **BF** = [Beginning Farmer Track](#): A range of technical and farm-planning topics of particular interest to farmers with fewer than ten years of independent farming experience.
- **CSA** = [Community Supported Agriculture Track](#): A variety of innovations for the CSA model.
- **GR** = [Grazing Track](#): Workshops about grass-based farming.
- **ND** = [Nutrient Density Track](#): Principles of biological farming (mineralization and microbial enhancement) aimed at improving crop nutritional quality at a variety of scales and applications.
- **OLC** = [Organic Land Care Track](#): Attendance qualifies AOLCP (Accredited Organic Land Care Professional) participants for credits in the NOFA Organic Land Care Accreditation Program.
- **PC** = [Permaculture Track](#): Permaculture-based approaches to organic agriculture and ecological design that offer perspectives, skills, and ideas for regenerative land use and creative community building.

- **CO-OP** = [Cooperatives Track](#): Workshops exploring this promising alternative economic model.
- **SE** = [Winter Growing and Season Extension Track](#): Innovations from the farm to the home scale for growing and storing crops year round.

ALTERNATIVE ENERGY

14) [Project Financing: from Solar to Deep Energy Retrofits](#) *Intermediate*

Friday, August 9, 2:00-3:30PM – Campus Center 811-15

Tad Montgomery: Ecological Engineer and Founder, Home Energy Advocates of Southern Vermont.

Everybody would like to improve their home's energy performance, but it is easy to get lost in the details. We'll walk participants through the process of getting a home energy audit and/or renewable energy system proposal, figuring out what makes the most sense, and financing the project from energy savings.

61) [Renewable Energy and Efficiency for Homeowners](#) *All levels*

Saturday, August 10, 8:00-9:30AM – Campus Center 917

Paul Scheckel: Author, hands-on off-grid homesteader and energy expert.

Insulation or solar panels? I'll share my knowledge as an energy professional, and experience experimenting, managing and living with sun, wind, wood, biodiesel, and biogas. Participants will learn the basics of various renewable energy systems, and why efficiency is the first step.

128) [Backyard Biogas](#) *Beginner*

Sunday, August 11, 8:00-9:30AM – Campus Center 903

Paul Scheckel: Author, hands-on off-grid homesteader and energy expert.

Learn how to make and use your own renewable natural gas from farm and kitchen wastes or wood, using a small biogas digester and simple wood-gas camp stove. Workshop covers the basics of both biogas and wood gas. Participants will be introduced to the fundamentals of both anaerobic digestion and pyrolysis.

197) [The Pretty Good House](#) *All levels*

Sunday, August 11, 1:00-2:30PM – Campus Center 903

Jim Coate: Designer/builder. Enjoys electric vehicles, solar power and urban gardens.

Join the discussion of a practical approach to green building that has grown in response to formal programs like Energy Star, Passivhaus, LEED and LBC. Participants will look at what it means, how it can help build a better house, and then make their own list of "pretty good" criteria. [More info.](#)

ANIMALS: BEES

33) [Honey Bee Die Offs & Organic Solutions](#) **OLC Track** *All Levels*

Friday, August 9, 4:00-5:30PM – Campus Center 168C

Ross Conrad: Author of "Natural Beekeeping" - Revised and Expanded 2nd Edition.

Honeybees face many affronts to their immune system and it is imperative that beekeepers, farmers, and gardeners learn ways to assist the honeybee. We will review the current state of beekeeping and organic techniques to control hive stressors such as mites, foul brood, and nosema without antibiotics or toxic pesticides. [More info.](#)

105) [Getting Started in Beekeeping](#) **BF & OLC Track** *All Levels*

Saturday, August 10, 1:00-2:30PM – Campus Center 163C

Roland Sevigny: Gardener, fruit grower, winemaker, MA Beekeeper of the Year: 2000.

Learn the basics of the rewarding hobby of keeping honey bees, which pollinate one third of the food we eat. Learn how a bee hive works, from queen to drone to worker bee. Learn how to have bees work for you and give you honey. We will cover the essential equipment needed for home-scale production and how to get started.

158) [Bees and Hives: Fall Management for Winter Preparation](#) **OLC Track** *Advanced*

Sunday, August 11, 10:00-11:30AM – Campus Center 917

Jean-Claude Bourrut: Bee-keeper for 20 years; the more I learn, the less I know.

Maximize your chances for hive survival the natural way. The workshop presents key steps to take during the Fall and Winter to help honeybees. We'll discuss beehive food security, preparing the colonies in the Fall, and winterizing the hives.

ANIMALS: DRAFT HORSES

10) Overview of Draft Implements & Vehicles **BF Track** *Beginner*

Friday, August 9, 2:00-3:30PM – Campus Center 805-09

Erik Andrus: Farms with horses and bakes bread in the Champlain Valley.

This workshop will provide a visual introduction to the world of animal-powered farming technology with a focus on contemporary Northeastern farms. We will learn about the many tasks performed with living horsepower, on farm and off, in the region and elsewhere.

85) Hands-on Draft Horses **BF Track** *Beginner*

Saturday, August 10, 10:00-11:30AM – Outside: Meet at the horses in the Northeast Residential Area.

Dale Perkins: Works with horses on his small farm in Rutland, MA.

I'll cover the basics of draft horses: Harnessing, driving, care, and management. We will spend a lot of time with hands-on opportunities for participants to harness, drive, and gain a sense of handling draft horses.

126) 100% Horse-Powered, Bio-Extensive Market Gardens *All levels*

Sunday, August 11, 8:00-9:30AM – Campus Center 163C

Stephen Leslie: Farms at Cedar Mountain Farm in Hartland, VT. Author, *The New Horse-Powered Farm*.

I will present information on the set up and/or transition to managing a market garden with live horse power with an emphasis on the bio-extensive method, exemplified by Anne and Eric Nordell. Tools and systems for successful market gardening with horses will be explained.

ANIMALS: MULTI-SPECIES

26) Biodynamic Livestock Husbandry *All levels*

Friday, August 9, 4:00-5:30PM – Campus Center 811-15

Steffen Schneider: Masters Degree in Agriculture. Farming biodynamically for 30 years.

Why do I want to keep livestock and which kind? How can I evaluate and decide on the appropriate husbandry measures for my animals? What is the role of livestock in a sound farming system? I'll bring particular focus to livestock nutrition from a specific biodynamic point of view.

160) Managing a Diverse Organic Farm **BF Track** *Intermediate*

Sunday, August 11, 10:00-11:30AM – Campus Center 163C

Julie Rawson: Loves to grow things and help people find their way.

Pulling on 30 years of experience and 25 years of organic certification, I will discuss our animal, vegetable, fruit enterprises, our unique labor pool of ex-offenders and institutionalized folks, and how we get it all done. I will focus on my favorite topic – superior soil fertility/animal health. [More info.](#)

ANIMALS: OTHER

59) Nature as Mentor: Raising Pigs Outdoors *Intermediate*

Saturday, August 10, 8:00-9:30AM – Campus Center 168C

Craig Haney: Livestock manager at Stone Barns Center for Food and Agriculture since opening in 2004.

Understanding the nature of pigs should dictate how we manage the swineherd. Using *Nature as Mentor*, we'll focus on the biology of the pig while covering the practical management of rearing pigs for meat. Through handling, herd health,

feeding, breeding, farrowing, weaning, and harvest the nature of the pig will be emphasized.

116) Raising Rabbits Organically *All levels*

Saturday, August 10, 1:00-2:30PM – Outside: Meet at the rabbits in the Northeast Residential Area.

Leslie Ardison: Has raised rabbits for 19 years.

Pasturing rabbits is more complex than putting good fence around a nice pasture. Nonetheless, people have been keeping rabbits in diverse natural settings for centuries. We'll demonstrate several housing examples, and discuss pros and cons of each. We'll cover nutrition, anatomy, breeds, finding or mixing organic feed, diseases, and good management practices.

ANIMALS: PASTURES

37) Pasture and Hayfield Maintenance **GR Track** *Intermediate*

Friday, August 9, 4:00-5:30PM – Campus Center 911-15

Leslie Cox: Farm Manager at Hampshire College for 16 years.

I will cover intensive grazing of pastures, hayfield management, necessary equipment for pasture maintenance and haying, and how to judge and buy new hay and straw for your animals.

54) Grazing Basics **BF & GR Track** *Beginner*

Saturday, August 10, 8:00-9:30AM – Campus Center 811-15

Mike Ghia: Private farm consultant and former Grazing Technical Assistant with UVM.

Using real examples of different grazing systems, we will cover the basic principles of plant growth; avoiding overgrazing damage; grazing heights; determining recovery periods; determining paddock size and acreage needs; paddock design and layout; designing lanes, fences and water systems; parasite management; and avoiding common grazing mistakes.

91) Soil Carbon, Grass Physiology, and Livestock Gains **GR Track** *Advanced*

Saturday, August 10, 10:00-11:30AM – Campus Center 165-69

Abe Collins: Grazer and educator. Operates Collins Grazing.

This workshop provides an overview of livestock/soil/plant dependencies, grassland reproductive mechanisms, daily and seasonal cycles in plant energy levels and ways to engage with plant physiology to achieve maximum livestock gains and soil health.

161) Field and Pasture; Creation and Re-creation **BF & GR Track** *All Levels*

Sunday, August 11, 10:00-11:30AM – Campus Center 805-09

Bruce Scherer: Continually creating and re-creating Heritage Fields Farm in Orange, MA.

Thinking about purchasing land or starting to work with land that is not yet “shovel ready”? This workshop will step through strategies for restoring abandoned fields and pastures for crops and livestock. How to evaluate the site, and balance time and money in choosing the techniques to remove unwanted vegetation and appropriately amend and prepare the soil.

ANIMALS: POULTRY

11) Pastured Turkeys for the Thanksgiving Table **BF Track** *Beginner*

Friday, August 9, 2:00-3:30PM – Campus Center 803

Craig Haney: Livestock manager at Stone Barns Center for Food and Agriculture since opening in 2004.

From day-old poults to the Thanksgiving table, we'll cover the details of husbanding pastured turkeys, giving particular attention to brooding, pasture rotation, housing/roosting, diseases, feeds and preparation for the harvest. Whether for your family or for profit, this workshop will get you started with broad breasted and heritage turkeys.

76) Backyard Chickens *All levels*

Saturday, August 10, 10:00-11:30AM – Campus Center 917

Pam Raymond and David Turner: They raise grass fed beef, pastured broilers, free range layers and grass fed pigs. They also have organic vegetable gardens in Hatfield, MA.

There will be information on breed selection, raising day old chicks, coop requirements, raising layers and/or broilers, free ranging/pasturing, deep litter, handling predators, feeding requirements, general chicken information, and lots of resource materials.

102) Developing a Breeding Flock of Standard-Bred Poultry *Intermediate*

Saturday, August 10, 1:00-2:30PM – Campus Center 101

Jim Adkins: Sustainable Poultry Specialist, founder of the Sustainable Poultry Network.

Breeding is essential for developing sustainable flocks of standard poultry. The decline in these heirloom poultry breeds results from the lack of quality breeding programs. Participants will be introduced to the essentials of breeding various poultry breeds and how to improve and preserve these breeds.

190) Humane Mobile Poultry Slaughter and Marketing **BF Track** *All Levels*

Sunday, August 11, 1:00-2:30PM – Campus Center 811-15

Ali Berlow: Author, editor, mother, housewife.

Robert Booz: Chefs Collaborative Network Manager, writer, cook, sustainability advocate.

Participants will learn a rounded community approach to implementing a humane mobile poultry unit, and how to successfully market local poultry to consumers. Topics include: equipment needs, potential funding sources, permitting, training a paid crew and how to support local poultry farmers, backyard growers, and eaters with education, advocacy and cooking suggestions.

ANIMALS: RUMINANT, LARGE

49) Biodynamic Commercial Dairy Farming **GR Track** *All levels*

Saturday, August 10, 8:00-9:30AM – Campus Center 911-15

Steffen Schneider: Masters Degree in Agriculture. Farming biodynamically for 30 years.

Hawthorne Valley Farm contains a dairy with 50-60 cows and a diversified vegetable operation. I will discuss how and why this commercial dairy follows biodynamic farming principles. I will cover specific biodynamic dairy practices, such as calf rearing, grazing principles, other feeding considerations, barn design, manure management, and more.

80) Getting Started in Certified Small-Scale Dairying **BF Track** *All Levels*

Saturday, August 10, 10:00-11:30AM – Campus Center 903

Sarah/Pepper Fournier-Scanlon: Runs an ever-lively brown cow raw milk CSA.

We will discuss many facets of affordable set-up and infrastructure for a certified small dairy including choosing your herd, milking equipment and procedures, direct and local marketing, bottling, raw vs. pasteurized milk, creative financing, management economics, and the potential for multi-species in one dairy operation.

115) Raising a Family Cow **GR Track** *Beginner*

Saturday, August 10, 1:00-2:30PM – Outside: Meet at the cow in the Northeast Residential Area.

Leslie Cox: Farm Manager at Hampshire College for 16 years.

Wondering about getting a cow? We will meet at the cow, talk about all the beginning things you need to know about buying, keeping, breeding, and milking a cow on a small acreage. Find out about the commitments you will need to make, then, you'll get to hand milk Coco.

140) Profitability with Grass-fed Beef **BF & GR Track** *All Levels*

Sunday, August 11, 8:00-9:30AM – Campus Center 805-09

Ridge Shinn: Grass-farming pioneer planning to "Save the Planet" with grazing herbivores.

Learn to pick the right type of cattle for success on grass by measuring and by training your eye to "see" it. Learn to extend the grazing season to reduce hay costs – the biggest cost in a grass-fed operation. I'll present results from a SARE-funded project studying Winter Grazing.

186) Optimizing Livestock Health From the Soil Up **BF & GR Track** *All Levels*

Sunday, August 11, 1:00-2:30PM – Campus Center 805-09

Rebecca Brown: Midwestern Bio-Ag soil consultant and Dairy Herd Manager.

Livestock health starts with soil health. Learn how soil, pasture management, feed selection, low-stress handling, and nutritional aids all play key roles in producing healthy livestock. I'll cover how to read soil tests and feed tests and which management aspects maximize livestock health.

ANIMALS: RUMINANT, SMALL

106) Goat-sniffing: Holistic Herd Management **BF & GR Track** *All levels*

Saturday, August 10, 1:00-2:30PM – Campus Center 805-09

Rachel Scherer: Lives with LaManchas in Orange, MA.

Sniffing your goat is just one of the ways to evaluate goat health. This workshop presents a menu of daily observations that enable really deep understanding of your herd health. The intuitive approach is backed up with Fecal Egg Counting, FAMACHA, and Body Condition Scoring to quantify the objective appraisals.

142) Raising Sheep Organically **BF & GR Track** *All Levels*

Sunday, August 11, 8:00-9:30AM – Campus Center 811-15

Kimberly Mastrianni: B.S. in Animal Science, raising sheep organically for 8 years.

Participants will learn options for managing sheep organically including information on breeds and housing, practices for parasite control, handling, feeding and health care. The presentation provides an overview of the basics of organic certification for livestock including general requirements, where to go for help, and management requirements.

163) Remineralize your Goats! **GR Track** *All levels*

Sunday, August 11, 10:00-11:30AM – Campus Center 811-15

Rachel Scherer: Lives with LaManchas in Orange, MA.

Producing nutrient dense goat milk and meat depends on a complex microbial ecosystem in the caprine gut, one that is critically dependent on a wide array of minerals. I'll describe the interactions of minerals and microbes, health issues arising from imbalances, and how to get them in your goat's diet. Includes much scientific detail.

CROPS: GRAIN

63) Small-Scale Wheat and Bean Production *Intermediate*

Saturday, August 10, 8:00-9:30AM – Campus Center 903

Tevis Robertson-Goldberg: Raises grains, beans, vegetables, and livestock at Crabapple Farm.

I will present my experiences with growing wheat and dry beans on a small field scale. Crop and variety selection, crop rotations, planting and harvest timing, harvesting and processing will all be discussed. We have harvested by hand for several years, and are transitioning to more mechanization.

152) Adding Value: Heritage and Ancient Grains *All levels*

Sunday, August 11, 10:00-11:30AM – Campus Center 174-76

Elizabeth Dyck: Coordinator, Organic Growers' Research and Information-Sharing Network (OGRIN).

June Russell: Manager of Farm Inspections and Strategic Development, Greenmarket, GrowNYC.

Join researchers from the Value-Added Grains project to learn about grains with high potential: heritage varieties and the ancient wheats – emmer, einkorn, and spelt. We'll discuss their nutritional attributes, how best to grow and process them, and the growing markets for them. Seed sources and dehulling options will also be considered. [More info.](#) [And even more info.](#)

CROPS: SEED

1) An Introduction to Seed Saving **BF & OLC Track** *Beginner*

Friday, August 9, 2:00-3:30PM – Campus Center 904-08

Petra Page-Mann: Life-long seed saver and co-founder of Fruition Seeds.

Matthew Goldfarb: Farming since 1994, co-founder of Fruition Seeds.

We'll present a history of seed saving, basic biology of seeds, the development of certain seed crops, and how to begin saving seed on the farm or garden – from sowing to storage. Using simple tools, participants will have an opportunity for hands-on wet- and dry-seed cleaning, and may bring some home.

109) Integrating Seed Production on Small Vegetable Farm *Advanced*

Saturday, August 10, 1:00-2:30PM – Campus Center 911-15

Katie Miller: Surprised to be running another business.

For years we have been saving a handful of the varieties we grow and this year we began selling them. Learn our methods for breeding/selection and fitting seed production into a crop rotation and planting schedule.

135) Heirloom Crops for the Home or Market Garden *Beginner*

Sunday, August 11, 8:00-9:30AM – Campus Center 162-75

Amy LeBlanc: MOFGA Certified Organic, seedling, vegetable and herb producer.

Learn the origins of our now common food crops, many originating in the far corners of the world. We'll discuss the many wonderful varieties that grow well in the Northeast and are profitable for both home and market gardeners. Explore seed sources, marketing tips, and recipes.

164) Seed Choices on the Farm **BF Track** *Beginner*

Sunday, August 11, 10:00-11:30AM – Campus Center 101

Tevis Robertson-Goldberg: Farms, saves seed, and breeds new varieties at Crabapple Farm.

What varieties should you grow? I'll address the benefits and drawbacks of different seeds, from hybrids to heirlooms, commercial to home-saved, in terms of genetics, quality, price, and politics. I'll discuss how seeds are bred and produced commercially, and look at options for alternative seed systems.

CROPS: SPECIALTY

28) Cut Flowers from the Farm for Weddings **BF & OLC Track** *Advanced*

Friday, August 9, 4:00-5:30PM – Campus Center 917

Diana Doll: Grower at StrayCat Flower Farm in Burlington, VT.

As the public's awareness about the importance of local agriculture increases, more brides are turning to cut flower growers for their wedding flowers. I will cover working with brides (and their families), marketing considerations, labor involved (timing, delivering), and supplies needed to be prepared for presenting a lovely finished product.

65) Wild World of Mushrooms **OLC Track** *All Levels*

Saturday, August 10, 8:00-9:30AM – Campus Center 805-09

Ari Rockland-Miller and Jenna Antonino DiMare: Co-founders of the blog, "The Mushroom Forager."

We will teach participants how to safely and fruitfully forage wild mushrooms. We will introduce the Northeast's safest and most distinctive gourmet and medicinal fungi, emphasizing the Mushroom Forager's ForageCast strategy. [More info.](#)

137) Log Grown Shiitake Mushrooms **BF & OLC Track** *Beginner*

Sunday, August 11, 8:00-9:30AM – Campus Center 168C

Ross Conrad: Author of "Natural Beekeeping" - Revised and Expanded 2nd Edition.

I will share my experience participating in a recent SARE grant project to test the feasibility of growing mushrooms commercially on a small scale in the Northeast. We will cover everything from sourcing logs, spawn and equipment, to inoculation, fruiting, harvesting, and marketing fresh and dried Shiitake mushrooms.

CROPS: SYSTEMS

4) Crop Planning Strategies **BF Track** *All levels*

Friday, August 9, 2:00-3:30PM – Campus Center 911-15

Tim Wilcox: Co-owner of The Kitchen Garden farm in Sunderland, MA.

The better farmer you are on paper, the better your harvests will be. This participant-driven workshop will dig deep into successful crop planning strategies for determining planting size, succession timing, variety selection and other factors that affect harvests. Come ready to participate, as this will be an open discussion.

9) Meeting Needs of Vegetables for Winter Storage **BF Track** *All Levels*

Friday, August 9, 2:00-3:30PM – Campus Center 168C

Ruth Hazzard: Works on effective winter vegetable storage to expand winter sales.

Luke Doody: Studies construction technology for vegetable storage. Experienced farm infrastructure builder.

Crop needs for harvest, curing, and storage require appropriate design and engineering to provide heat/cooling, humidity, ventilation, light/dark, and ready access to storage containers. We will cover how to keep crops at best quality for as long as possible and how to optimize cost and energy use when constructing winter storage units. [More info.](#)

84) Growing Quality Vegetables Biodynamically *Intermediate*

Saturday, August 10, 10:00-11:30AM – Campus Center 803

Mac Mead: Director, The Pfeiffer Center; 37 years experience in biodynamic farming.

I will go over the history and basic principles of biodynamics and how they apply to growing high quality vegetables efficiently. I will cover soil preparation, planting, cultivating, spraying, planting calendar, and pest control.

114) No-till Vegetables *All Levels*

Saturday, August 10, 1:00-2:30PM – Campus Center Auditorium

Lee Reich, PhD: Farmdener, writer, researcher, and consultant.

No-till, when integrated with nurturing the ground from the top down, avoiding soil compaction, maintaining a soil cover, and pinpointing watering, grows healthy plants while minimizing weed problems. The principles and practices are rooted in the latest agricultural research. Discussion will cover gardens, farmdens, and small farms. [More info.](#)

170) Weed Control in Vegetables *Intermediate*

Sunday, August 11, 10:00-11:30AM – Campus Center 165-69

Bryan O'Hara: Growing vegetables at Tobacco Road Farm in Lebanon, CT for 22 years.

Learn to reduce and eliminate weeds using no-till systems as well as mechanical controls (e.g. hoeing, mowing, hand weeding, flaming, and tractor cultivation). I will also cover using mulches, cover crops, stale seed beds and microbial inoculations to shift soil microbiology to favor crops and allow fewer weeds.

CROPS: VEGETABLES

31) Growing Great Fall Brassicas **BF Track** *Intermediate*

Friday, August 9, 4:00-5:30PM – Campus Center 101

Nancy Hanson: Manager of the Hampshire College CSA since 1999.

Members of the Brassica family -- broccoli, cauliflower, cabbage, and others -- are an important part of the fall crop mix at the Hampshire CSA. I will discuss methods of fall production from variety selection to harvest.

40) Sugar Beets & Fodder Beets for Stock and Sucrose *Intermediate*

Friday, August 9, 4:00-5:30PM – Campus Center 805-09

Erik Andrus: Invents, writes, and farms with horses in Vermont's Champlain Valley.

Learn about the possibilities of non-GMO sugar beets, fodder beets, and mangels as a high energy stock feed and about potential value-added use. I will detail three years of beet field trials at Boundbrook Farm and our experiments in value-added applications.

55) Growing Excellent Tomatoes **BF & ND Track** *Intermediate*

Saturday, August 10, 8:00-9:30AM – Campus Center 165-69

Amy LeBlanc: MOFGA Certified Organic, seedling, vegetable and herb producer.

Learn how to take tomato production to the next level for home/market gardeners. Learn more about variety choices, soil nutrition, seed starting timing and techniques, coping with disease and pests, supports, pruning and harvesting an amazing and versatile crop. The focus will be on techniques to improve production.

79) Cucumbers To Zucchini: Growing Organic Cucurbits **BF Track** *All levels*

Saturday, August 10, 10:00-11:30AM – Campus Center Auditorium

Atina Diffley: Organic farmer, activist and author of “Turn Here Sweet Corn.”

The cucurbit family of vegetables (e.g., squash, pumpkins, melons, and cucumbers) provides some of the greatest production challenges in the organic market garden. This workshop provides a seed-to-sale look at the Cucurbit family, including fertility, rotation, cultural requirements and systems, seeding, transplanting, pest and disease management, weed control, harvest and post-harvest handling.

104) Garlic Growing for the Beginner *Beginner*

Saturday, August 10, 1:00-2:30PM – Campus Center 165-69

Ken Gies: Small scale garlic grower for almost a decade.

This will be a “this is a garlic bulb” type of beginner’s class. I will discuss basic cultural requirements of garlic, and how and when to plant and harvest. Beginners will gain enough information to successfully plant a garlic patch for this fall.

138) Making a Living Growing Greens Part Time **ND, OLC & SE Track** *Intermediate*

Sunday, August 11, 8:00-9:30AM – Campus Center 165-69

Dan Kittredge: Life-long farmer with a family. Motto: “Quality of life matters.”

This workshop covers the practices, systems, and materials used on Kittredge Farm. Primary focus will include fertility, planting, space, infrastructure, budget and logistics. We aim to gross \$1,000 a week on a quarter acre at least 30 weeks a year on 20 hours a week. Learn what makes it possible.

193) Potato Culture **BF Track** *Intermediate*

Sunday, August 11, 1:00-2:30PM – Campus Center 165-69

Bryan O'Hara: Growing vegetables at Tobacco Road Farm in Lebanon, CT for 22 years.

We will discuss the techniques for production of potatoes from hand tools to tractor tools and implements. Variety selection, prepping potatoes for planting, furrowing, hilling and cultivation, irrigation, disease and pest control, diggers and harvesting, storage, and marketing.

195) Small-Scale Beet Production: Finances, Craft & Science **ND Track** *All levels*

Sunday, August 11, 1:00-2:30PM – Campus Center 162-75

Derek Christianson: Community Educator & Commercial Vegetable Grower at Brix Bounty Farm, Dartmouth, MA.

Nicki Anderson: Production Manager at Brix Bounty Farm.

A Beet Renaissance is well underway. We’ll present a thorough review of our beet production (~3,000 bunches on 1/5th acre in 2013), where we focus on producing high-quality, nutrient rich beets bursting with flavor. From production techniques & variety selection to fertility considerations we’ll discuss keys to better beet production.

FARM ECONOMICS AND MANAGEMENT

12) Permaculture Fundamentals **OLC & PC Track** *Beginner*

Friday, August 9, 2:00-3:30PM – Campus Center 163C

Lisa DePiano: Certified Permaculture designer/teacher and founder of the Mobile Design Lab.

Permaculture uses ecology as the basis for designing integrated systems of food production, housing, appropriate technology, and community resilience. We’ll cover definitions, history, ethics, and some principles & techniques. You will

walk away with a framework for understanding the connections between social and ecological health and a method for designing solutions. [More info.](#)

13) Planning for CSA Success **CSA Track** *Advanced*

Friday, August 9, 2:00-3:30PM – Campus Center 165-69

Dan Kaplan: Farm Manager of Brookfield Farm since 1994.

Brookfield Farm has been running as a CSA for 26 years. I will go over how we manage member data, set pricing, and organize the mix and match distribution at our 525-share CSA operation.

35) Logistics for Starting a CSA **BF & CSA Track** *Intermediate*

Friday, August 9, 4:00-5:30PM – Campus Center 803

Carolyn Llewellyn: Farm educator and onetime farmer who helped start several CSAs.

This workshop will help you consider all of the various details that can determine the success of a start-up veggie CSA, from land and growing to marketing, distribution, labor, administration, and more. Many handouts are supplied to cover these issues as well as crop planning and further resources.

51) Farming Smarter, Not Harder: Planning for Profit **BF Track** *All Levels*

Saturday, August 10, 8:00-9:30AM – Campus Center 101

Richard Wiswall: Consults and speaks on business of organic farming. Author, “The Organic Farmer’s Business Handbook.”

Many farmers avoid learning about the business end of farming. Because of this they often work harder than they need to, or quit farming altogether because of frustrating – and often avoidable – losses. This workshop will focus on the planning and analysis tools needed to run a profitable farm, in an easy, step-by-step format.

62) Scaling Up: From Hobby Gardens to Market Farms *All levels*

Saturday, August 10, 8:00-9:30AM – Campus Center 162-75

Andy Pressman: Agriculture Specialist with NCAT/ATTRA and small-scale intensive farmer.

This workshop will focus on steps for managing a small-scale commercial farm. It will showcase intensive farming techniques for producing high value crops and efficiency measures for increasing profits. Learn how to structure a business plan, marketing campaign, and production strategies for commercial success.

75) Acquiring Your Farm and Accessing Land **BF Track** *All levels*

Saturday, August 10, 10:00-11:30AM – Campus Center 811-15

Mike Ghia: Land For Good Vermont Field Agent, experienced with farm acquisition & business planning.

Participants will explore the topics of holding land, financial assessment, ownership, finding farms, leasing, communication & negotiation, and community partners. Participants may prepare ahead using an online course called, “Acquiring Your Farm” (www.newsite.landforgood.org). Farm seekers may follow up independently with a Land For Good coach.

93) The Efficient Farm Office **BF Track** *All levels*

Saturday, August 10, 10:00-11:30AM – Campus Center 101

Richard Wiswall: Consults and speaks on business of organic farming. Author, “The Organic Farmer’s Business Handbook.”

Learn procedures to eliminate otherwise undetected lost profits. Examine the two paper trails – purchases and sales – to guarantee no lost sales revenue and achieve maximum tax benefits. Set up purchase and bill paying systems for maximum efficiency. Identify pitfalls in the Sales paper trail, including leaks from a CSA, Farmers’ Market, and even invoiced sales.

101) Creating a Permaculture Farm **BF, OLC & PC Track** *All Levels*

Saturday, August 10, 1:00-2:30PM – Campus Center 917

Andrew Faust: Premier permaculture teacher with two decades of experience in Northeast.

Learn how to design your farm with the insights and techniques of permaculture. Options for fruits, nuts and berries, and wildlife corridors. Gravity fed rain water; silva pasture; orchards; natural buildings for animals, interns, and guests; off grid energy approaches for farms. [More info.](#)

119) Start a Worker Co-op or Convert an Existing Business **CO-OP Track** *All Levels*

Saturday, August 10, 1:00-2:30PM – Campus Center 904-08

Erbin Crowell: Executive Director of the Neighboring Food Co-op Association.

Adam Trott: Staff Developer for the Valley Alliance of Worker Co-ops.

Participants will learn the basics of the co-operative model, its relevance to local economies, and the process for business development. We'll focus on worker co-ops in the food system, and also consider multi-stakeholder models, which include producers and consumers. We'll provide guidance for people exploring a co-operative business start-up or conversion.

130) Create a Vision for your Farm/Organization **BF Track** *All levels*

Sunday, August 11, 8:00-9:30AM – Campus Center 911-15

Jack Mastrianni: Sustainable business consultant who raises apples, pumpkins and sheep.

Without a clearly imagined and articulated vision, your farm/business is adrift in a stormy sea. Learn how to build a compelling vision that attracts people and resources. This is a practical workshop where you will work on creating your future. For people starting or changing course in developing a farm, business, or non-profit enterprise.

134) Growing a Vegetable Farm without Going into Debt *All Levels*

Sunday, August 11, 8:00-9:30AM – Campus Center 904-08

Benjamin Shute: CSA farmer at Hearty Roots Community Farm in the Hudson Valley.

Presentation of budgets, business plans, and lessons learned at our vegetable farm over the first eight seasons, as we grew from 30 CSA shares to over 500, and moved from renting land to becoming landowners.

156) Growing Commercially on Sub-Acre Plots *Intermediate*

Sunday, August 11, 10:00-11:30AM – Campus Center 904-08

Charlie Radoslovich: Born and skilled in NM, studied in OR, growing in Lexington, MA.

Interested in entering farming with a low overhead? Over the past 4 growing seasons, Rad Urban Farmers has been repurposing underutilized plots of land in Boston Metro West for micro farming. I will cover the strategies we have used, focusing on growing techniques, land acquisition, and marketing the final product.

162) Record Keeping on Diversified Farms **BF & CSA Track** *Intermediate*

Sunday, August 11, 10:00-11:30AM – Campus Center 911-15

Dina Brewster: Manages a USDA certified organic fruit, vegetable, and livestock farm.

Good recordkeeping strategies help me analyze the economic and ecological successes of our farm. Participants will first determine WHICH RECORDS are important to keep and then work on concrete strategies for HOW to keep them.

184) Ecological Design Process: The Medium is the Message **OLC & PC Track** *Intermediate*

Sunday, August 11, 1:00-2:30PM – Campus Center Auditorium

Dave Jacke: Longtime ecological designer.

We can only create ecological human habitats mimicking natural ecosystems if we use an ecological design process. Such a process teaches us both how to integrate people and site, but also how to create healthy “human natures”. We'll explore ecodesign case studies, and discuss how the ecodesign changes the designer.

185) Farm Interns as a High Value Crop *All Levels*

Sunday, August 11, 1:00-2:30PM – Campus Center 904-08

Daniel Botkin: Athlete, teacher, and farmer in Gill, MA.

Thousands seek hands-on learning on small farms, and many small farms can benefit from seasonal learner/volunteers. One needn't be a commercial operator to offer valuable internship opportunities. In this interactive workshop, would-be

mentors and volunteers learn how to find, screen, set up and manage successful, teaching-based farm internships.

188) Four Season Greenhouse Crop Selection & Strategic Planning **SE Track** *Intermediate*
Sunday, August 11, 1:00-2:30PM – Campus Center 163C

Jack Algieri: Four Season Farm Director – Stone Barns Center for Food and Agriculture.

This workshop will lay out the primary challenges of four season greenhouse systems as well as outline strategies for developing a practical model to suite the diversified farm. We will discuss innovations, crop selections, and techniques to improve the ecological and economic viability of this system throughout the seasons.

FARMING AND THE COMMUNITY

2) Community-Led Food Initiatives *All levels*

Friday, August 9, 2:00-3:30PM – Campus Center 905-09

Drew Love: NOFA/Mass Low-Income CSA Program Coordinator, working on food access issues for 4 years.

Tracy Whitecloud Rogers: Dana Farber Peer Leader and community health advocate.

This workshop will cover how to create successful CSA programs in low-income communities. Overview includes how to establish relationships with community organizations, and build leadership teams led by residents in low-income communities. Participants will have a clear understanding how to replicate this type of program within their own communities. [More info.](#)

27) Conducting a Food System Assessment in Your Town *All levels*

Friday, August 9, 4:00-5:30PM – Campus Center 905-09

Jamie Pottorn: Farm Conservation Program Manager at Mount Grace Land Conservation Trust.

Emily Wheeler: Concord Community Food Project steering group member, Concord Ag Committee.

In 2011 two graduate students conducted a town-wide food system assessment in Concord, MA. The report is helping the town increase community resilience by strengthening its local food network. Learn about the methodology used in the assessment and the Concord Food Council. Gain ideas for kick-starting a local food movement in your town.

64) Strategies and Tools for Saving Local Farms *All Levels*

Saturday, August 10, 8:00-9:30AM – Campus Center 905-09

Jim Oldham: Equity Trust director, experienced in complex community farm preservation projects.

Rebecca Fletcher: Equity Trust program manager, former Grow Food Northampton board member.

We will discuss the process for permanently preserving farms for local food production—finding partners, educating your community, creating a vision, financing, legal issues—and introduce tools and strategies for addressing these elements. We will also explore pros and cons of different approaches to farm ownership, management and stewardship. [More info.](#)

187) Food Co-ops: Making Healthy, Local Food More Accessible **CO-OP Track** *All Levels*

Sunday, August 11, 1:00-2:30PM – Campus Center 174-76

Bonnie Hudspeth: Outreach Coordinator for the Neighboring Food Co-op Association.

Micha Josephy: Program Manager for the Cooperative Fund of New England.

Twenty-nine New England food co-ops are collaborating to make wholesome, nutritious food more accessible to all community members. We'll explore the capacity of food co-ops to increase access to healthy food for individuals/families with limited food budgets, and learn about strategies to increase collaboration among food co-ops. [More info.](#)

FOOD AND FARM EDUCATION

92) Starting and Maintaining a School Garden **OLC Track** *Intermediate*

Saturday, August 10, 10:00-11:30AM – Campus Center 911-15

Mark Warford: Middle School Assistant Principal, award winning teacher, environmentalist, gardener.

Areas to be discussed include defining your garden's mission (e.g. donations, cafeteria use, sale to public), structuring garden times during and after school, school garden-friendly veggies, maximizing use of available space, adding fruit trees, Earth Tub composting system, winning the support of administration for your project, and more. [More info.](#)

165) Teaching Teenagers and Accomplishing Farm Work **BF Track** *Beginner*

Sunday, August 11, 10:00-11:30AM – Campus Center 803

Jon Belber: Winner of two national teaching awards. Holly Hill Farm Education Director.

Holly Hill Farm collaborates with schools, teachers, and students to efficiently grow a wide variety of vegetables for homeless shelter. I will explain how different parts of the growing season demand different and occasionally repeating tasks. Topics include hands on activities, compost, weeding, seed sowing, and soil making.

FOOD PRESERVATION AND COOKING

16) Small-Batch Vegetable Fermentation *Beginner*

Friday, August 9, 2:00-3:30PM – Campus Center 804-08

Andrea Chesman: Author of *The Pickled Pantry* and numerous vegetable cookbooks.

Kimchi, sauerkraut, kosher dills, curtido – fermentation develops flavor and keeps vegetables from spoiling. Working in small-batches simplifies the process and guarantees success with every batch. Taste some fermented pickles and learn the tricks for making no-fail lacto-fermented (salt-brined) pickles safely.

38) Pressure Canner and Dehydrator for Summer's Abundance *All Levels*

Friday, August 9, 4:00-5:30PM – Campus Center 804-08

Kathy Harrison: Has been teaching food preservation for over ten years.

Participants will learn to choose equipment and explore the techniques of pressure canning and dehydrating a variety of fruits and vegetables.

57) Homemade Raw Milk Products *Beginner*

Saturday, August 10, 8:00-9:30AM – Worcester Dining Hall Oak Room

Amanda Brooks-Clemeno: Biology teacher, avid lover of fresh food, and proud Massachusetts hilltownier.

We will focus on the basic techniques and equipment needed to turn raw milk into a delicious and nutritious (and for some much more digestible) food. Learn how to create cultures needed along with correct temperatures. We will make yogurt, a fresh cheese, and start a basic hard cheese.

78) Cheese Tasting and Describing *All levels*

Saturday, August 10, 10:00-11:30AM – Campus Center 805-09

Suzy Konecky: Cheese maker at Cricket Creek Farm.

Participants will learn how to properly taste artisanal cheeses and describe them. This fermented dairy product is incredibly complex, but we will demystify the questions about what causes flavors and aromas. We will cover basic biochemistry of cheese-making and affinage and see photos of cheese production at Cricket Creek Farm.

87) Make Delicious Meals with Local Greens *Beginner*

Saturday, August 10, 10:00-11:30AM – Worcester Dining Hall Oak Room

Leslie Cerier: "The Organic Gourmet" Chef, Caterer, Author, Health Coach, Educator.

Versatile greens: tai soi, mizuna, bok choy, arugala, and several shades of kale are great in internationally flavored meals. Come learn how to make luscious salads, sautés, soups, wraps, sauces, and mix and match herbs, grains, beans, and dairy with a variety of greens everyone will love. Tasty samples offered. [More info.](#)

129) Cooking Dinner in Your Pressure Cooker *All levels*

Sunday, August 11, 8:00-9:30AM – Worcester Dining Hall Oak Room

Kathy Harrison: Has been teaching food preservation for over ten years.

Today's pressure cookers are safe and easy to use; they save time, energy and money and provide nutritious food. Lose your fear of pressure and put dinner on the table in half an hour. We will make meat and veggies in the pans. Pressure canning will be discussed but not demonstrated. Lists for equipment and books included in the hand-out.

169) Water Bath Canning for Beginners *Beginner*

Sunday, August 11, 10:00-11:30AM – Worcester Dining Hall Oak Room

Kathy Harrison: Has been teaching food preservation for over ten years.

All aspects of canning in a water bath canner will be demonstrated and discussed, equipment, techniques, safety, appropriate foods to can, jar handling, etc. A list of equipment sources included in the handout.

179) Advanced Lacto-Fermentation (Vegetables) *Advanced*

Sunday, August 11, 1:00-2:30PM – Campus Center 803

Dan Rosenberg: Founder/co-owner of Real Pickles.

This is a discussion-based workshop for those with prior experience lactofermenting vegetables. It's an opportunity to discuss successes and challenges, trade ideas, etc. You're welcome to bring samples from home. Possible topics could include salt concentration, temperature, gas-release methods, ingredient combinations, and use of starters. [More info.](#)

FRUITS AND TREES

5) Establishing Multi-Purpose Coppice Landscapes *OLC & PC Track Intermediate*

Friday, August 9, 2:00-3:30PM – Campus Center 101

Mark Krawczyk: Co-author of Coppice Agroforestry (forthcoming), integrated agroecosystem designer and teacher.

Dave Jacke: Co-author of Coppice Agroforestry (forthcoming), and longtime ecological designer.

Join us to explore the suite of coppice management systems and practical strategies to establish them. Learn about a range of opportunities for added value products as well as some of the Northeast's most promising species. [More info.](#)

83) Growing Figs in Cold Climates *OLC Track All levels*

Saturday, August 10, 10:00-11:30AM – Campus Center Reading Room (Concourse Level)

Lee Reich, PhD: Farmdener, writer, researcher, and consultant.

The seductress fig can be successfully grown throughout the Northeast! Learn to site the tree for optimum ripening, prune, harvest, and, of course, get it through our frigid winters. Fig trees need just a bit of help because they are subtropical plants – not tropical – hardy to between 10 and 20 degrees F.

132) Edible Forest Gardens: From Design to Reality *OLC & PC Track Intermediate*

Sunday, August 11, 8:00-9:30AM – Campus Center Auditorium

Jono Neiger: A permaculture designer and homesteader with a nine-year-old forest garden.

Keith Zaltzberg: Designs and builds edible forest gardens throughout New England.

Forest Gardening is a strategy for low-input productive forest mimics. Learn different approaches we've used to establish forest gardens in various settings. We'll compare practices such as transplanting into sheet mulch and planting nodes of guilds. There will be time for discussion to share your experiences in the development of temperate forest gardens.

192) Organic Apple Growing *BF & OLC Track Beginner*

Sunday, August 11, 1:00-2:30PM – Campus Center Reading Room (Concourse Level)

Cathy Harragian: Runs Bird of the Hand Farm, a 3.5 acre organic apple orchard.

Learn organic techniques to control apple pests. Insect pests covered include: plum curculio, codling moth, and apple maggotfly. Diseases covered: scab, powdery mildew, and apple cedar rust. Pruning and maintenance of orchards and apple variety selection will also be addressed. Marketing discussion covers issues related to the perception of a perfect apple.

GARDEN

7) Human Powered Gardening *Beginner*

Friday, August 9, 2:00-3:30PM – Campus Center Reading Room (Concourse Level)

Ken Gies: Human powered small scale veggie and garlic grower for about 10 years.

We will examine tools, ergonomics and cultural practices of manually prepared gardens. The emphasis will be on deep beds, compost, and intensive planting. A discussion of time consumption will compare productivity to a machine-based small-scale garden. I will draw upon ideas from a variety of sources.

29) Gardening Into the Fall *SE Track Intermediate*

Friday, August 9, 4:00-5:30PM – Campus Center 165-69

Al Johnson: Organic grower for over 35 years. Organic inspector since 1990.

Many crops thrive in cool autumn and early winter weather. Learn appropriate crops and varieties, planting options and dates, crop rotations that include opportunities for cover crops, and some simple storage techniques. I will focus on crops planted after the summer solstice grown without crop extension devices.

53) Gardening by Cuisine *Beginner*

Saturday, August 10, 8:00-9:30AM – Campus Center Reading Room (Concourse Level)

Patti Moreno: Creator and host of GardenGirly.com; author, “Gardening By Cuisine.”

Even space-deprived urbanites with just a balcony, tiny backyard, or windowsill, can grow their own food. I present adaptable plans for creating low-maintenance organic “cuisine gardens” that produce vegetables, fruits, and herbs. Geared toward container gardeners, community gardeners, and backyard gardeners, this workshop shows you how to maximize available growing space.

108) Improved Production for Medium and Large Gardens *ND Track Intermediate*

Saturday, August 10, 1:00-2:30PM – Campus Center Reading Room (Concourse Level)

Steve Walach: Has managed large school gardens for 13 years.

Presentation will address gardening basics like crop rotations, fertilizers, organization of garden space and labor requirements that last year yielded 301 lbs per 100 sq ft growing bed.

GREENHOUSE

6) Greenhouse Propagation for the Diversified Farm *SE Track All levels*

Friday, August 9, 2:00-3:30PM – Campus Center 174-76

Jack Algieri: Four Season Farm Director – Stone Barns Center for Food and Agriculture.

A well-planned greenhouse propagation system can greatly improve small farm production. I will guide the class through a range of considerations including structures, methods, planning and materials related to the propagation of vegetables, flowers, herbs, and fruit for diversified on farm production.

118) Season Extension for Gardeners & Commercial Growers *OLC & SE Track All levels*

Saturday, August 10, 1:00-2:30PM – Campus Center 162-75

Michael Kilpatrick: Farmer & leader at Kilpatrick Family Farm, a year-round, mixed CSA and farmers’ market operation. Drawing on 8 years of experience of commercial production for our year round, 175 member CSA and 2 year-round weekly farmer’s markets, I will show farmers and gardeners how to grow and store crops year-round. [More info.](#)

154) Building & Managing Low-tech, Low-cost, Low-tunnels *SE Track All Levels*

Sunday, August 11, 10:00-11:30AM – Campus Center 162-75

Daniel Botkin: Athlete, teacher, and farmer in Gill, MA.

This workshop explores the fabrication and use of home-crafted, low-tunnel greenhouses for crop protection in the backyard garden or micro-farm. We’ll compare various materials and building strategies including wire, wooden slats, PVC pipe and steel conduit. [More info.](#)

HERBS

8) Medicinal Plant Propagation *Beginner*

Friday, August 9, 2:00-3:30PM – Crabtree Basement Lounge

Jade Alicandro Mace: Community herbalist, educator, grower, medicine-maker, medicinal plant conservationist.

I will cover the different growth habits found among medicinal plants and discuss what propagation methods are appropriate for each. We will discuss field division, layering, and root, wood, and stem cuttings. Timing and appropriate tools will be covered as well. Hand-outs provided.

32) Herbal Medicine-Making: Tinctures, Vinegars, Honeys & Elixers *All levels*

Friday, August 9, 4:00-5:30PM – Crabtree Basement Lounge

Jade Alicandro Mace: Community herbalist, educator, grower, medicine-maker, medicinal plant conservationist.

Participants will learn how to preserve the herbal harvest. Through hands-on demonstrations and detailed discussion, participants will learn the process for making their own herbal tinctures, vinegars, honeys and elixers. Recipes describing specific guidelines for making each medicinal preparation and samples will be provided.

82) Grow Your Own Home Health Herb Garden *Beginner*

Saturday, August 10, 10:00-11:30AM – Campus Center 804-08

Sarah Stockwell-Arthen: Has been making herbal foods and remedies for 25 years.

We will discuss creating a garden plan with plants (including wild) that are easy to grow in the Northeast and that help improve your foundational health, build natural defenses, and handle common ailments. We'll discuss how to grow (and respectfully harvest) the plants, and how to incorporate them into your daily routine.

95) Weed Wisdom Walk *OLC Track Beginner*

Saturday, August 10, 10:00-11:30AM – Outside: Meet at Registration Tent.

Jane LaForce: Gardener, goatherd, earth lover, & sharer of wise woman ways.

We will stroll around the grounds to meet our wild plant friends. I will provide identification and conscious wild crafting tips as well as uses for food and medicine. We will get up close and personal with a number of “weeds” with interesting histories and surprising talents.

107) Herbal Medicine Chest *Beginner*

Saturday, August 10, 1:00-2:30PM – Worcester Dining Hall Oak Room

Jane LaForce: Gardener, goatherd, earth lover, & sharer of wise woman ways.

We will discover a number of common plants (herbs), which can be used to heal many common complaints and minor injuries. We will cover harvest and proper preparation, and how to build one's own “medicine chest.” Direct experience with some plants and medicines discussed will be provided.

112) Making Herbal Creams, Oils & Lip Balms *Beginner*

Saturday, August 10, 1:00-2:30PM – Crabtree Basement Lounge

Sarah Shields: Farmer & herbalist for 14 years, owner of Birch Moon Herbals.

You will blend your own herbal oil, then pour your own lip balm, and lastly we will make a healing herbal hand-cream which you can scent yourself! A \$5 material fee sends you home with a sample of each. No experience necessary. You will learn the skills to do this at home. Herbs will be discussed, and a list of suppliers and recipes provided!

136) Include Herbs in Your Diversified Crop Plan *BF Track All levels*

Sunday, August 11, 8:00-9:30AM – Campus Center Reading Room (Concourse Level)

Keith Stewart: Certified organic grower for 25 years. Sells in NYC Greenmarket.

This workshop provides several reasons for including herbs in a diversified crop plan. It will discuss the growing, harvesting and marketing of a variety of popular herbs and look at different methods of propagation such as: starting from seed, stem cuttings, root division, and layering.

159) Invasive Plant Medicine *All levels*

Sunday, August 11, 10:00-11:30AM – Campus Center Reading Room (Concourse Level)

Timothy Scott: Acupuncturist, herbalist, author, and gardener living in southern Vermont.

I will demonstrate the ecological benefits and healing abilities of invasive plants. Contrary to conventional thought, these prolific plants are actually serving essential environmental functions, while at the same time they are providing inhabitants with powerful healing remedies and nourishing foods. [More info.](#)

182) Eat your Weedies *Beginner*

Sunday, August 11, 1:00-2:30PM – Campus Center 917

Mira Nussbaum: A decade of sharing my passion for wild foods and invasive plant medicine.

Many farms are selling weeds as fun, decorative, flavorful, and nutritious additions to salad mixes. Learn about common weeds in gardens, lawns, and wood edges. Info on how to identify, harvest, process and preserve these plants, plus nutritional and healing properties. We'll taste plants in both raw and cooked form.

LAND CARE

30) Green Up Your Yard with Organic Land Care **OLC Track** *All Levels*

Friday, August 9, 4:00-5:30PM – Campus Center 904-08

Bill Duesing: Co-founder of NOFA Organic Land Care Program.

Your yard can be more than just an abstract idea of what looks good. With proper planning and plants it can be a source of shade, warmth, food, and beauty in a habitat that encourages biodiversity and beneficial organisms, fights climate change, manages water, and welcomes birds.

60) Organic Mosquito and Tick Control **OLC Track** *All levels*

Saturday, August 10, 8:00-9:30AM – Campus Center 163C

David Melevsky: Organic landcare specialist in Maine.

Participants will learn to identify, evaluate, and control pest outbreaks through mechanical and organic methods. Pest categories will include turf, mosquitoes, and ticks.

94) The Resilient & Regenerative Farm & Homestead **OLC & PC Track** *Intermediate*

Saturday, August 10, 10:00-11:30AM – Campus Center 174-76

Ben Falk: Land planner, site developer, author, and consultant.

I will present on establishing and operating a high diversity, nutrient-dense food, medicine, and fuel-producing homestead and small farm. Includes: rapid fuelwood production in hedgerows, integrating grazing with perennial woody crops, wood and compost-heated hot water, rice paddy construction and management, ducks, sheep-perennial crop integration, earthworks for drought and flood prevention. [More info.](#)

103) Enhancing Wetland Habitat & Aesthetic Value **OLC Track** *Advanced*

Saturday, August 10, 1:00-2:30PM – Campus Center 174-76

Mike Nadeau: A true tree hugger, lover of wetlands, Nature student.

Discussion of different types of wetlands, the permitting process, how to partner with the powers that be, creating a plan that minimizes environmental impact and maximizes aesthetic impact, planning, phasing and organizing, dealing with invasives, planting, browse control, short and long-term maintenance.

120) Why Native Plant Landscapes Matter to You **OLC Track** *All Levels*

Saturday, August 10, 1:00-2:30PM – Campus Center 905-09

Claudia Thompson: Founder and President, Grow Native Massachusetts.

Native plant landscapes are as essential to human health and organic food production as they are to biodiversity as a whole. Learn why working to restore native plant communities deserves to be a priority for landscapers and farmers, and for all who care about the health of our shared ecosystem.

131) Ecological Pest Management in Turf **OLC Track** *Beginner*

Sunday, August 11, 8:00-9:30AM – Campus Center 803

Mary Owen: Extension Turf Educator and Specialist, University of Massachusetts, Amherst.

Attendees will learn 1) environmentally sensible practices that enhance a turf's ability to withstand pests and maximize its environmental benefits 2) the impact of cultural practices on pest and stress tolerance 3) selection, use, and effectiveness of organic management materials for residential and commercial lawn pests.

155) Farmland Native Bee Habitat Creation **OLC Track** *All levels*

Sunday, August 11, 10:00-11:30AM – Campus Center 905-09

Tom Sullivan: Sustainable landscape designer devoted to solving pollination crises in foodscapes.

Learn strategies for attracting high numbers of native bees to your farm by protecting, enhancing and/or providing much needed nesting and foraging habitats, and bee-scaping practices within margins of your fields that increase seed and fruit set for your crops, while also strengthening future generations of these highly beneficial insects.

183) Ecodynamic Landcare **OLC Track** *All Levels*

Sunday, August 11, 1:00-2:30PM – Campus Center 804-08

Steven Restmeyer: Trailblazer in the field of ecological landscape design and maintenance.

We will cover theory and practice of ecological landscape design and maintenance, including the basics of EPM (Ecological Pest Management) and the "Ecological Wheel of Balance". Practical applications for ecological lawn, tree and shrub care will be included.

MARKETING

15) Selling to Institutions: Is it Right for My Farm? **BF Track** *Intermediate*

Friday, August 9, 2:00-3:30PM – Campus Center 903

Simca Horwitz: Farm to Cafeteria Director at Mass. Farm to School Project.

Lisa Damon: Farm to Cafeteria Coordinator at Mass. Farm to School Project.

This workshop will explore the rapidly expanding institutional market (schools, colleges, hospitals, etc.) for locally grown foods. Gain the tools to evaluate whether sales to institutions fits into your business model and understand the unique characteristics of this sales channel. Hear how different kinds of farms are having success with institutional sales.

43) Wholesale Logistics **BF Track** *All levels*

Friday, August 9, 4:00-5:30PM – Campus Center 163C

Caroline Pam: Co-owner of the Kitchen Garden. Manages farmers market & wholesale sales.

The Kitchen Garden grows 25 acres of high-quality specialty vegetables for restaurants and stores, farmers markets, and CSA. I will discuss strategies for marketing local products to restaurants and other wholesale customers. This workshop will focus on pricing, packaging, communication, and logistics.

58) Marketing Strategies for Vegetable Growers *All levels*

Saturday, August 10, 8:00-9:30AM – Campus Center Auditorium

Atina Diffley: Organic farmer, activist and author of "Turn Here Sweet Corn."

Marketing is not a passive process. Market research starts long before the seed is in the ground. Learn how to actively seek buyers, negotiate contracts, build relationships with wholesalers, consumers, and other farmers. This workshop provides general guidance on strategies for marketing organic vegetables. Topics covered are: marketing methods, production decisions, pricing strategies, and merchandising.

77) CSA- Is it for you? **BF & CSA Track** *Beginner*

Saturday, August 10, 10:00-11:30AM – Campus Center 162-75

Michael Kilpatrick: Farmer & leader at Kilpatrick Family Farm, a year-round, mixed CSA and farmers' market operation.

Kilpatrick Family Farm has been marketing vegetables since 2005 through CSA. Over the years we have done it in several ways finally settling on a Farmer's market free-choice system. I will share the successes and challenges that different systems create and if CSA is a good fit for your farm.

139) Marketing Pastured Poultry Products for a Small Profit *intermediate*

Sunday, August 11, 8:00-9:30AM – Campus Center 917

Jim Adkins: Sustainable Poultry Specialist, founder of the Sustainable Poultry Network.

This workshop offers necessary information and skills to make a profit through heritage poultry farming. Participants will learn the direct and indirect costs of getting started with a flock of sustainable poultry. Learn about processing and selling birds, get tips for marketing, and explore opportunities for networking with like-minded farmers.

NUTRITION AND HEALTH

3) Lyme Disease: An Integrated Medical Approach to Treatment *All Levels*

Friday, August 9, 2:00-3:30PM – Campus Center 917

Emily Maiella: Naturopathic physician, specializing in treating chronic diseases with nutritional and functional medicine. I will focus on the treatment of acute and chronic Lyme disease. Therapies addressed: various herbal formulations, diet modification and immune system modulation. Conventional medical approaches will be touched upon. We will address factors that contribute to the development of chronic Lyme, and what it means to have active Lyme, versus “post Lyme syndrome.”

41) What’s safe? The world of toxicants we Live in. **OLC Track** *Beginner*

Friday, August 9, 4:00-5:30PM – Campus Center 903

Jonathan Roling: Environmental Toxicologist, Bridgewater State University.

Scott Gorman: Biology and Chemistry Student at Bridgewater State University.

Our daily lives are filled with environmental toxicants, yet most of us rarely know how the chemicals in our lives affect us. We will focus on what makes something toxic and how we are exposed to common poisons. We will also discuss if any level of a poison is “safe.”

66) Working with the "Fourfold Path to Healing" *Beginner*

Saturday, August 10, 8:00-9:30AM – Campus Center 904-08

Beth Ingham: 25 years Organic farming, Whole Health Educator, Nutritionist, Spacial Dynamics.

“The Fourfold Path to Healing” by Dr. Tom Cowan introduces Rudolf Steiner’s teaching that the human being has four “bodies” or spheres of activity. Good health is enjoyed when all four spheres are in harmony and balance. This workshop will cover the practices of nutrition, therapeutics, movement, and meditation to integrate the whole human being.

89) Protecting Your Working Body: Self Care & Ergonomics for Farmers **BF & OLC Track** *All Levels*

Saturday, August 10, 10:00-11:30AM – Crabtree Basement Lounge

Lydia Irons: Licensed Massage Therapist, working with farmers, gardeners, carpenters, and mechanics.

Participants will learn anatomy, good body mechanics and injury prevention as they relate to the specific physical challenges of farm work. I will describe five movement categories that largely constitute farm work and present specific ways to prepare, maintain, and restore the body for each. Lots of time for Q&A. Handouts provided.

113) Movement to Feel Better **OLC Track** *Beginner*

Saturday, August 10, 1:00-2:30PM – Campus Center 804-08

Beth Ingham: Spacial Dynamics Level I and Level II candidate.

“Most of us are constantly mis-using our bodies by constricting and cramping the body space resulting in exhaustion, pain and ultimately dis-ease. When we learn to move beautifully, the result is strength, endurance, effectiveness and ease.” Jaimen McMillian, Founder of Spacial Dynamics. We will do non-strenuous exercises to move more efficiently in life activities. All ages & abilities can participate and will benefit.

141) Overcoming Nutritional Phobias: Bacteria & Animal Fats *All levels*

Sunday, August 11, 8:00-9:30AM – Campus Center 101

Dan Hegerich: Holistic Natural Health Educator, Consultant and Life Coach.

As a six-time cancer survivor, I will present why you don't need to fear bacteria nor saturated fats, how to get more into your diet for optimal health, and the connection of soil health to human health.

157) Healing the Gut through Nutrition *All levels*

Sunday, August 11, 10:00-11:30AM – Campus Center 168C

Dr. Chris Decker: Naturopathic Physician, Homeopath, Certified GAPS Practitioner, Primal Doc, WAPF Chapter Leader. Healthwise, our gastrointestinal tract is where the action is. Eighty percent of our immune system lies there, and our basic well-being – psychological and physical – is affected by it. I'll discuss nutritional approaches to healing including the paleo and GAPS diets. Learn how gut health determines general health – from chronic to acute conditions. [More info.](#)

OF THE SPIRIT

34) How to Build a Labyrinth...and why! **OLC Track** *All Levels*

Friday, August 9, 4:00-5:30PM – Outside: Meet at Registration Tent.

Melinda McCreven: Earth-based eco-artist, micro-farmer, nature freak.

Labyrinths are ancient earth-based circular paths for contemplative journeys; also, a lot of fun to make! As we create a large (temporary) labyrinth for us to walk, I'll give history, tips & techniques. Also covered: mazes vs. labyrinths, and examples of my experiences making them for public & private uses.

56) Home Birth *All Levels*

Saturday, August 10, 8:00-9:30AM – Campus Center 803

Jen Byington: Childbirth educator with homebirth, pet, and farm animal breeding experience.

I will briefly review of the evolution of the main choices available to women giving birth in the US today. I will discuss advantages and disadvantages to delivering a baby at home. I will then answer questions in order to tailor the workshop to the specific needs of the participants.

86) Home Funerals and Green Burials *All levels*

Saturday, August 10, 10:00-11:30AM – Campus Center 168C

Ann-Elizabeth Barnes: Home funeral guide.

In this experiential workshop I will demonstrate the basic skills needed to carry out the legal and practical aspects of laying out a loved one who has died, in the home. This workshop gives you the necessary information, confidence and courage to create a meaningful home wake/vigil.

ORGANIC CERTIFICATION

110) Introduction to Organic Certification **BF Track** *All levels*

Saturday, August 10, 1:00-2:30PM – Campus Center 811-15

Duncan Cox: Certification Administrator for Baystate Organic Certifiers. Former certified organic grower.

This workshop presents the basics of organic certification. Let us convince you that you can become organically certified. It is a lot easier than most people think. Extensive Q&A on all aspects of organic certification.

180) Approved Inputs for Certified Organic Farms *All levels*

Sunday, August 11, 1:00-2:30PM – Campus Center 911-15

Taryn Kennedy: Researcher, consultant, educator, and OMRI Product Review Coordinator.

This workshop presents resources to identify and source agricultural inputs that are compliant with the National Organic Standards. Includes an explanation of how these standards were established, and how to keep track of ongoing changes. Describes the role of OMRI in verifying compliant products. [More info.](#)

POLITICS AND POLICY

17) Soil, Climate and Why Farming Matters **GR Track** *Intermediate*

Friday, August 9, 2:00-3:30PM – Campus Center Auditorium

Judith Schwartz: Vermont-based freelance writer and author of “Cows Save the Planet.”

Abe Collins: Vermont-based grazer, soil health teacher & Soil Carbon Coalition founding member.

While we hear about fossil fuels, much legacy carbon derives from poorly-managed soil. The flipside is that carbon can be returned to the soil, thus also enhancing fertility, biodiversity and water retention. We’ll discuss how climate change mitigation and resilience pivots on soil—and how this empowers farmers and activists. [More info.](#)

42) Who Really Works on NOFA Organic Farms? *All levels*

Friday, August 9, 4:00-5:30PM – Campus Center 174-76

Becca Berkey: Graduate student with a passion for social justice.

Elizabeth Henderson: Organic farmer, NOFA representative to the Agricultural Justice Project.

Louis Battalen: NOFA representative to Domestic Fair Trade Assn., homesteader.

What did NOFA’s Organic Farmer Survey tell us about our organic farmers as employers? How do they compare with conventional farmers? What are the biggest market obstacles to making more and paying higher wages? Let’s talk about what we learned and what this means for NOFA and public policy!

52) Farmworkers Movements, Past and Present *All levels*

Saturday, August 10, 8:00-9:30AM – Campus Center 804-08

Nelson Carasquillo: CATA General Coordinator & Agricultural Justice Project board member.

Elizabeth Henderson: Organic farmer, NOFA representative to the Agricultural Justice Project.

We’ll discuss the history of farmworker organizing efforts in the US, presenting a human rights perspective on national policies that codify the plantation system and cheap labor. We’ll discuss implications for various communities of the current “immigration reform” debate in terms of its emphasis on “market forces and future flow of workers.”

81) GMO Health Dangers & Legislative Initiatives in N.E. *All levels*

Saturday, August 10, 10:00-11:30AM – Campus Center 163C

Ed Stockman: Biologist, organic farmer, GMO educator, co-founder MA Right To Know GMOs.

Workshop participants will be introduced to the current GMO research and the documented human health dangers of eating GMO foods. The second part of the presentation will focus on what we can do to remove GMOs from our food supply and the current legislative efforts in the Northeast.

117) Raw Milk: Legal History & Current Controversy *All Levels*

Saturday, August 10, 1:00-2:30PM – Campus Center 168C

Michael Pill, Esq., Attorney at Law: Massachusetts land law specialist, including agricultural law.

Bob Ritchie, Esq.: Former General Counsel of Massachusetts Department of Agricultural Resources.

Arthur Kreiger, Esq.: Leading Massachusetts environmental & land use lawyer and mediator.

Panel discussion will review legal history of raw milk regulation and prohibition over the past century, including federal and state court cases, law review articles, reasons underlying the 1987 federal ban on interstate transport of raw milk, and judicial rejection of “cow share” schemes.

125.5) Cultivating Policy Change from the Grassroots Up *All Levels*

Saturday, August 10, 3:00-4:30 PM – Campus Center 904-08

Steve Gilman: Policy Coordinator for the NOFA Interstate Council.

Elizabeth Henderson: Co-Chair of the NOFA-IC Policy Committee.

Alexis Simpson: Co-Chair of the NOFA-IC Policy Committee.

David Rogers: Policy Adviser for NOFA Vermont, organizing regionally for GMO Labeling. Labeling GMOs, reviving the Farm Bill, redirecting FDA's Food Safety regulations, transforming farm labor are among the active issues on NOFA's policy agenda. This is a policy discussion session where participants can hear what NOFA-IC is working on, and provide feedback on potential new directions.

127) America’s War on Food Rights *All levels*

Sunday, August 11, 8:00-9:30AM – Campus Center 905-09

David Gumpert: Nationally known writer on food rights and raw milk.

I'll explain the expanding federal and state crackdown on private food sales—farm raids, court suits, trials, arrests—why it's happening, how it's moved beyond raw milk into meat and eggs, why it is nearly certain to expand into veggies via the Food Safety Modernization Act, and how communities and farmers can fight back. [More info.](#)

166) The Law of Food Safety: Protecting the Farm from Liability **BF Track** *Beginner*

Sunday, August 11, 10:00-11:30AM – Campus Center Auditorium

Jason Foscolo: Attorney specializing in agricultural and food businesses.

The FDA is rolling out a set of sweeping regulations that are changing the way food is cultivated and prepared.

Participants will gain an understanding of 1) The Food Safety Modernization Act 2) civil liabilities arising from food safety issues on the farm 3) potential consequences of food borne illnesses caused by farm products and 4) risk mitigation.

[More info.](#)

194) Questioning Money & Debt: The Farmer's Alliance 1880-1894 *All levels*

Sunday, August 11, 1:00-2:30PM – Campus Center 905-09

Sue Peters: Member, American Monetary Institute; member, Green Phoenix Permaculture.

I'll present the history of the 19th century Farmers' Alliance and how it informs the struggle today for a just monetary system for farmers and the rest of the working people of the nation. Participants will gain insights into where money comes from and ways to take control of our monetary system to create a more just world. [More info.](#)

PRACTICAL SKILLS

39) Rainwater Harvesting **OLC & PC Track** *Beginner*

Friday, August 9, 4:00-5:30PM – Campus Center Reading Room (Concourse Level)

Lisa DePiano: Certified Permaculture designer/teacher and founder of the Mobile Design Lab.

In the Northeast, a 1,200 square foot building sheds over 36,000 gallons of water annually. Rainwater harvesting is a simple and empowering way to reuse this valuable resource. Learn how you can harvest rainwater, prevent flooding, and provide on-site irrigation for rain gardens, ponds and other water features.

144) The Use and Maintenance of Traditional Hand Tools **BF & OLC Track** *All levels*

Sunday, August 11, 8:00-9:30AM – Outside: Meet at the volley ball court.

Shelby Howland: Has been working on hand tool only farming for 7 years.

Sy Schotz: Suburban raised disillusioned student athlete turned Hilltown herdsman and permaculturalist.

I will talk about variation in tools and their uses in previous eras and today. I will discuss sharpening, basic upkeep, and uses of the most common tools (shovel/spade, hoe, pruners/loppers, axes, forks). I will also discuss some aspects of tool design.

167) The Use and Maintenance of Scythes **OLC Track** *Beginner*

Sunday, August 11, 10:00-11:30AM – Outside: Meet in the area north of North Dorms ("ND" on the campus map).

Shelby Howland: Has been working on hand tool only farming for 7 years.

: Suburban raised disillusioned student athlete turned Hilltown herdsman and permaculturalist.

All the grass fed to animals before tractors was cut with a scythe. Grain, grass and brush can all be cut efficiently with a scythe, so long as it is used correctly and kept in shape. We'll cover sharpening and peening. Opportunities to try out the scythes.

171) Worm Composting Basics **OLC Track** *Beginner*

Sunday, August 11, 10:00-11:30AM – Crabtree Basement Lounge

Ben Goldberg: Making worm bins and composting with worms since 1995.

We will discuss what you will need to know to successfully start and manage a worm bin. Learn about the various kinds of bins, care and feeding of the worms, separating the castings, plus, a whole lot of cool things about worms.

189) Homebrewing Meads and Fruit Wines *Beginner*

Sunday, August 11, 1:00-2:30PM – Campus Center 101

Jonathan Roling: Biologist who enjoys experimenting with home-brewing beers and wines.

Learn the basics of homebrewing from equipment, recipes, sterilization, fermentation, bottling, and aging. Oftentimes we think of the sugars used for brewing to be from grapes (wine) or grains (beer), but this course will focus on other sugars including honey, maple syrup, table sugar, apples, agave, or other creative brews.

191) Knots for Farming and Living *All Levels*

Sunday, August 11, 1:00-2:30PM – Crabtree Basement Lounge

Michael Greenberg: Software engineer by day, organic farmer by night.

Knots are an essential farming and living skill. I teach using muscle memory so when you need a knot quickly, and your mind is confused, your hands will know what to do. We will explore important knots for the farmer; then learn how to make lanyards and buttons for clothing.

SOIL AND FERTILITY

18) Using Urine As Fertilizer: Farm Scale Pilot *PC Track All levels*

Friday, August 9, 2:00-3:30PM – Campus Center 162-75

Abraham Noe-Hays: Research director of the Rich Earth Institute. Composting toilet designer.

The Rich Earth Institute has been conducting the nation's first public and permitted field trials using sanitized urine as fertilizer. Learn how recycling urine is the key to long-term sustainable agriculture, and how farmers and gardeners can make it a central pillar of their soil fertility plan.

25) Adapting Keyline to Your Landscape *OLC & PC Track Intermediate*

Friday, August 9, 4:00-5:30PM – Campus Center 162-75

Mark Krawczyk: Designs, consults and teaches permaculture and keyline design throughout the northeast.

Australian visionary PA Yeomans developed Keyline Design as a soil building and water harvesting strategy. Fairly unknown in other parts of the world, this holistic management tool informed farm and homestead design there ever since. Learn what Keyline design has to offer and how to adapt it to northeast landscapes.

36) Nitrogen Management in Organic Cropping Systems *Advanced*

Friday, August 9, 4:00-5:30PM – Campus Center Auditorium

John Spargo: Director of the UMass Soil and Plant Tissue Testing Laboratory.

The nitrogen cycle is extremely dynamic making it challenging to manage. This workshop explores the principles and practice of managing this nutrient. I will discuss methods to estimate available nitrogen from soil organic matter, soil amendments, and legumes as well as strategies to improve the synchrony between available nitrogen and crop nitrogen demand.

48.5) Backyard Composting

Saturday, August 10, 8:00-9:30AM – Crabtree Basement Lounge

Matt Verson: B.A., Agroecology. Has worked on farms, ranches, dairies, orchards & commercial compost operations.

We will cover how to reduce household waste while creating a source of fertility with the simple yet profound technology of composting. I will address common problems, ideal situations, and your situation. At the end of this workshop, everyone should have the insight and confidence to create their own backyard compost.

50) Crop/Cover Crop Rotations and Tillage Reduction *OLC Track Advanced*

Saturday, August 10, 8:00-9:30AM – Campus Center 174-76

Katie Miller: Thinking about soil structure at Scratch Farm for 8 years.

Over the past 7 years, we have been developing systems that allow us to use lighter and less tillage. I will explain our crop rotation, and describe how we manage each crop, deal with crop residue, and prep beds. I will show how these

practices support the goal of tillage reduction.

88) Managing Crop Residue Digestion & Nutrient Circulation **BF, ND & OLC Track** *All levels*

Saturday, August 10, 10:00-11:30AM – Campus Center 904-08

Derek Christianson: Commercial Vegetable Grower & Community Educator.

Cover crops have long been used to “catch” nutrients and carry them forward to the next growing season. We will review the basic techniques & recipes of crop residue digestion sprays for the farm & garden, and consider how to stabilize minerals and plant metabolites within the soil biosphere.

111) Introduction to Soil Fertility **BF, ND & OLC Track** *Beginner*

Saturday, August 10, 1:00-2:30PM – Campus Center 803

David Forster: Soil fertility and crop consultant.

What the heck is all this science stuff? Can't I just throw seeds at dirt? I will be teaching the basics of soil fertility, including the physical, mineral, and biological components of soil. I'll cover clay, organic matter, exchange capacity, soil testing, and soil microbes and how these things relate to plant growth.

143) Survival by Cover Crop **BF & OLC Track** *All levels*

Sunday, August 11, 8:00-9:30AM – Campus Center 174-76

Elizabeth Dyck: Coordinator, Organic Growers' Research and Information-Sharing Network (OGRIN).

Forget about purchased inputs—use cover crops to sustain your farm! Join us to discuss how both old standbys (e.g., oats, buckwheat) and exotics (e.g., phacelia, crotonaria) can fit between and among cash crops and prevent or ameliorate soil and pest issues. Also learn how to save your own cover crop seed.

168) Using Biochar – How and Why **OLC Track** *Intermediate*

Sunday, August 11, 10:00-11:30AM – Campus Center 903

Bob Wells: Organic farmer, machine designer, entrepreneur, founding partner, New England Biochar LLC.

I will describe multiple reasons for applying biochar and biochar mixes to your farm or garden, recommend methods and quantities, and discuss the many benefits of growing with biochar.

URBAN AGRICULTURE

90) Regenerative Urban Ecosystems **OLC & PC Track** *All Levels*

Saturday, August 10, 10:00-11:30AM – Campus Center 905-09

Scott Kellogg: Educational Director and Ecological Designer at the Radix Center in Albany, NY.

Ordinary people can form beneficial partnerships with urban ecosystems, producing resources and processing wastes internally with the goal of building resilience and ecological regeneration. Topics explored: anthropogenic ecosystems, urban ecology, synanthropic species (pigeons), reconciliation ecology (bee walls), DIY bioremediation, whole-systems CSO mitigation (de-paving, rain-catching), vertical food production, neighborhood scale composting.

133) From Urban to Communal Agriculture in Caracas *All levels*

Sunday, August 11, 8:00-9:30AM – Campus Center 804-08

Jessica Luna: Urban agroecology advocate, student at the Bolivarian University of Venezuela.

Urban agriculture in Venezuela is a key strategy for food sovereignty – using ecological principles to provide healthy and inexpensive food for Venezuela’s urban population. Learn how agricultural initiatives in Caracas are increasing environmental awareness, improving quality of life, strengthening social sovereignty at the local level, and promoting new economic and social relations.

TOURS

19) TOUR: UMass Student Farming Enterprise: Attracting Native Pollinators **OLC Track** *All Levels*

Friday, August 9, 2:00-3:30PM – TOUR

Amanda Brown: Extension Educator, UMass Extension & Stockbridge School of Agriculture.

Rose Boyko: Graduate of the UMass Student Farm.

Participants will see planting systems that use flowering perennials and cover crops to provide food/pollen for native pollinators. Three types of bee nests will be observable on the farm as well. Topics for discussion include the importance of pollinators and ways to incorporate habitat into a vegetable production system. DIRECTIONS: From UMass Campus take Rt. 116 north/west through Sunderland. Cross the bridge and immediately turn right on River Road (north). Travel 1 mile past the housing development to farm entrance near the animal barns. Look for signs for parking. TOTAL DRIVING TIME FROM UMass - 15 MINUTES. ADDRESS: 89-91 River Road North, Deerfield, MA, 01373. ARRANGE CARPOOLS USING THE "TOUR RIDE BOARD" PLACED AT THE REGISTRATION TENT. [Link to google map directions here.](#)

44) TOUR: Book & Plow Farm: Reconciling Agricultural and Academic Calendars **SE Track** *All Levels*
Friday, August 9, 4:00-5:30PM – TOUR

Pete McLean: Book & Plow Farm Production Manager.

Tobin Porter-Brown: Book & Plow Farm Office/Greenhouse/Fertility/Apiary Manager.

Book & Plow Farm is in its first year of growing for Amherst College. We will show how we use season extension, freezing, fermenting, and cold storing to satisfy the calendar of the academic community, our main market. Learn how we plan our fields and crops to meet the demands of the dining hall within the farm's seasonal limitations. DIRECTIONS: from UMass, follow 116 south to Route 9 and turn left heading east. Turn Right onto Southeast Street. Go under the first set of railroad tracks and take your first right. The driveway is next to a fire hydrant. Drive to the top of the hill and park to the left. TOTAL DRIVING TIME FROM UMass: 7 Minutes. ARRANGE CARPOOLS USING THE "TOUR RIDE BOARD" PLACED AT THE REGISTRATION TENT. [Link to google map directions here.](#)

67) TOUR: Amethyst Farm: Establishing a Windbreak-Hedgerow **OLC & PC Track** *All levels*
Saturday, August 10, 8:00-9:30AM – TOUR

Jono Neiger: A permaculture designer, homesteader, with special interest in tree crops and agroforestry.

From 2011-2012 we designed and planted a multi-species (chestnut, persimmon, nut pines, poplar etc.) windbreak-hedgerow to provide food, biomass, insectary habitat, and to block wind. We'll look at the young 330' hedgerow, talk about design, establishment, species, and care. We'll also tour Amethyst Farm and see the horse farming practices. DIRECTIONS: From UMass, head South on North Pleasant Street (0.6mi). At the Bank of America, go straight, continuing onto Triangle Street (0.6mi). Turn left on Main Street (.6mi). Turn left on Northeast Street. Amethyst Farm will be on the right. TOTAL DRIVING TIME FROM UMass - 7 MINUTES. ADDRESS: 89 North East Street, Amherst, MA. ARRANGE CARPOOLS USING THE "TOUR RIDE BOARD" PLACED AT THE REGISTRATION TENT. [Link to google map directions here.](#)

121) TOUR: Red Fire Farm: Mechanical Cultivation and Produce Packing **BF & CSA Track** *Advanced*
Saturday, August 10, 1:00-2:30PM – TOUR

Ryan Voiland: Owner and Co-manager of Red Fire Farm, growing 100 acres of organic vegetables.

We grow certified organic produce for 1,500 CSA shares, farm stands, farmers markets and wholesale accounts. I will show infrastructure & systems we use to manage and operate the farm including produce packing facilities, greenhouses, tractors & implements, crop layout, rotations, weed management, soil fertility and more. Tour will likely include a wagon ride across the river and into some of the more distant fields. DIRECTIONS: From Amherst take Rt. 116 north for about 6 miles. In Sunderland center Rt. 116 intersects with Rt. 47. Turn right onto Rt. 47 north. In 1.4 miles take a slight left onto Falls Road. Falls Road turns into Meadow Road at the town line. The farm will be on the right 3.4 miles after the turn off of Route 47. Park near the tobacco barn which is just beyond the Red Fire Farm sign. We will meet near the south end of the tobacco barn. ADDRESS: 184 Meadow Rd, Montague MA, 01351. ARRANGE CARPOOLS USING THE "TOUR RIDE BOARD" PLACED AT THE REGISTRATION TENT. [Link to google map directions here.](#)

122) TOUR: Wild Browse Farm: Systems for Homesteading *All levels*
Saturday, August 10, 1:00-2:30PM – TOUR

Sharon Gensler and Pru Smith: Co-directors of Wild Browse Farm and Sustainability Center. Homesteading for 30+ years.

Visit our little bit of “paradise”. We’ll explore our gardens, berries, orchard, woodlot, and buildings. See systems in action: hot water-solar, wood cook-stove, photovoltaic, pastured poultry, composting toilet, garden systems, greenhouse, and hoop house. See what a nine acre wooded rocky landscape can look like after 30 years of homesteading. Bring your questions and we’ll share our dreams! DIRECTIONS: Drive north on North Pleasant St., which is the road that separates the Campus Center and the Northeast Residential Area. At 5-way intersection, go straight through the traffic light then immediately bear right onto MA-63 N. Follow Rt. 63 for 8 miles. At the sign for Lake Wyola State Park, take a sharp right onto N. Leverett Rd. Follow N. Leverett Rd., which will turn into Lakeview Rd at Lake Wyola. At stop sign, just past Lake Wyola, turn left onto Locke Village Rd. Take the 1st left onto West St. At end of West St. Turn right onto Montague Rd. Take the 2nd right onto Bullard Pasture Rd. Go 0.75 miles. Wild Browse Farm will be on the left. Park at end of road, in F&WL parking lot or along side of roadway as close to edge as possible, on left side of road. TOTAL DRIVING TIME FROM UMass: 40 Minutes. ADDRESS: 87 Bullard Pasture Rd, Wendell, MA. ARRANGE CARPOOLS USING THE “TOUR RIDE BOARD” PLACED AT THE REGISTRATION TENT. [Link to google map directions here.](#)

145) TOUR: Simple Gifts Farm: Growing Warm-Season Crops **CSA Track** *Intermediate*

Sunday, August 11, 8:00-9:30AM – TOUR

Jeremy Barker-Plotkin: Has been in the business of growing vegetables for 15 years.

Simple Gifts Farm grows 16 acres of vegetables on community-owned farmland in North Amherst. We sell through a 300-member CSA program, at farmer’s market and an onsite farmstand. This tour will give a general overview of our vegetable operation, with a focus on how we produce peppers, tomatoes, cucumbers, and summer squash. DIRECTIONS: Drive north on North Pleasant St., which is the road that separates the Campus Center and the Northeast Residential Area. Simple Gifts Farm will be on the right in less than a mile. Look for the big sign. ADDRESS: 1089 N. Pleasant St, Amherst, MA. ARRANGE CARPOOLS USING THE “TOUR RIDE BOARD” PLACED AT THE REGISTRATION TENT. [Link to google map directions here.](#)

172) TOUR: Simple Gifts Farm: Integrating Livestock and Vegetable Production **BF & GR Track** *All levels*

Sunday, August 11, 10:00-11:30AM – TOUR

Emily Hale Sills: Assistant Manager at Simple Gifts Farm.

Matthew Alexander: Assistant Manager at Simple Gifts Farm.

Our tour will focus on the integration of livestock into a small-scale vegetable farm as a source of soil fertility, as well as an opportunity for meat and egg production. We will also discuss our long-term breed plans, and the benefits of livestock on a community-oriented farm. DIRECTIONS: Drive north from the campus on North Pleasant St., which is the road that separates the Campus Center and the Northeast Residential Area. Simple Gifts Farm will be on the right in less than a mile. Look for the big sign. ADDRESS: 1089 N. Pleasant St, Amherst, MA. ARRANGE CARPOOLS USING THE “TOUR RIDE BOARD” PLACED AT THE REGISTRATION TENT. [Link to google map directions here.](#)

198) TOUR: Many Hands Farm Corps Farm: Small Scale Winter Root Storage **BF, CSA & SE Track** *Intermediate*

Sunday, August 11, 1:00-2:30PM – TOUR

Ryan Karb: Amateur builder; founder & farmer at Many Hands Farm Corps.

This tour focuses on our winter storage areas. I’ll show two examples: a walk in cooler and a primitive root cellar – both of which I built at minimum cost with tools farmers and homeowners commonly own. I’ll describe the basic design, materials used, cost, and required building time. DIRECTIONS: From UMass, head South on North Pleasant Street (0.6mi). At the Bank of America, go straight, continuing onto Triangle Street (0.6mi). Turn left on Main Street and continue onto Pelham Rd (1.2mi). Sign on left for Many Hands Farm Corp. TOTAL DRIVING TIME FROM UMass - 9 MINUTES. ADDRESS: 132 Pelham Rd, Amherst, MA. ARRANGE CARPOOLS USING THE “TOUR RIDE BOARD” PLACED AT THE REGISTRATION TENT. [Link to google map directions here.](#)

198.5) TOUR: Brookfield Farm: CSA Systems **CSA Track** *Intermediate*

Sunday, August 11, 1:00-2:30PM – TOUR

Zoe Abram: Apprentice at Brookfield Farm since 2012.

Brookfield Farm has been running as a CSA for 26 years. This farm tour will give an overview of growing, harvest, post-harvest, and distribution of our 525-shared CSA operation. It will also cover soil fertility management and

appropriate scale machinery. DIRECTIONS: From UMass, head through the center of Amherst on Pleasant St (Rt 116) going south. Go through 2 lights (the 2nd one is at Rt 9) and continue straight. About 1.6 miles after you cross Rt 9, turn a slight left onto Shays Street and follow for 1.2 miles. This brings you to the South Amherst Common. Take a very slight right onto Southeast Street and follow for 1.9 miles. Turn left onto Bay Rd and follow for 0.5 miles. Make first left onto Hulst Rd (you'll see a sign for Brookfield Farm). Go 600 yards on Hulst and turn in to Brookfield Farm at the sign on your left. TOTAL DRIVING TIME FROM UMass - 15 MINUTES. ADDRESS: 24 Hulst Road, Amherst, MA. ARRANGE CARPOOLS USING THE "TOUR RIDE BOARD" PLACED AT THE REGISTRATION TENT. [Link to google map directions here.](#)

CHILDREN'S WORKSHOPS: ABOUT FOOD

148) Gluten-Free Baking

Sunday, August 11, 8:00-9:30AM – Mary Lyon Dorm

Age 5-12

Rayna Palm: Homeschooled farmer and baker.

We will make a gluten-free cake (and eat it too!) using local ingredients. We will also go over different aspects of gluten-free living and how to do it!

173) Buttermaking For Kids

Sunday, August 11, 10:00-11:30AM – Mary Lyon Dorm

Age 5-12

Santina King: Graduate of USM, performing and traveling musician and singer/songwriter.

Jen Byington: Homeschooling mother of four, organic farmer.

We will make farm fresh organic butter by hand. Workshop limited to 10 participants.

201) Knead, Knead, Knead Organic Pizza!

Sunday, August 11, 1:00-2:30PM – Mary Lyon Dorm

Age 5-10

Tad Hitchcock: Gardener and musician dad who loves making pizza with children.

We will make pizzas and bake them in the oven. Have fun putting this favorite family meal together and learn about the foods we put on it. Where does the cheese come from, the sauce, the toppings and the dough? We'll sing a pizza song or two while they bake.

CHILDREN'S WORKSHOPS: ANIMALS

69) Rabbits

Saturday, August 10, 8:00-9:30AM – Mary Lyon Dorm

Age 9-12

Leslie Ardison: Working with youth groups and rabbits for 16 years.

This is a general handling workshop. Participants will learn how to pick up and hold a rabbit, how to trim toenails, different types of fur, very general care, what to feed or not feed a rabbit.

199) "Playing Fowl": Caring for Our Chicken Friends

Sunday, August 11, 1:00-2:30PM – Mary Lyon Dorm

Age 5-12

Claudia Lewis: Homeschool mom; raised backyard birds and critters for ten years.

Kristy Delfausse: Elementary librarian in Brooklyn, NY; avid gardener; likes farm animals.

Come explore the world of naturally raised chickens for eggs and meat! We will use hands-on learning tools and discuss our experiences with these amusing and industrious creatures!

CHILDREN'S WORKSHOPS: JUST FOR FUN

21) Candle Lantern Making

Friday, August 9, 2:00-3:30PM – Mary Lyon Dorm

Age 5-12

Ariana Coate: Gardener and teacher who sees all of life as art.

In this workshop each child will make a beautiful candle lantern to light up the night. The lanterns are made with recycled glass jars and colored tissue paper, and they can be carried, hung, or used as table decorations.

22) Parade Banner Painting

Friday, August 9, 2:00-3:30PM – Mary Lyon Dorm

Age 7-12

Rachel Silverman: Art teacher dedicated to sparking children's creative process & collaboration.

Children will design and create the annual painted banner that will lead the parade during the Saturday Fair. Lots of fun and some mess, so bring a smock or old clothes that can get painty.

45) Creative Writing and Story Telling

Friday, August 9, 4:00-5:30PM – Mary Lyon Dorm

Ages 8-12

Sharlow Hitchcock: Teen actor, writer and gardener.

Emily Hitchcock: Teen actor, writer and gardener.

Do you like to write stories? We will perfect our story telling and writing skills through character and plot development exercises. We will show our NOFA spirit with some farming related writing prompts.

47) Playing in the Outdoors

Friday, August 9, 4:00-5:30PM – Mary Lyon Dorm

Age 5-12

Nadia Marti: Former homeschooler and cooperative games enthusiast; moonlights as an EMT.

Leo Proechel: Former homeschooler; spent many nights under the stars; teaches non-violent communication.

Come explore a hidden natural playground on the UMass Campus, the Durfee Playground. We will play cooperative games in the shade of the ancient beech trees.

70) Stories, Songs, and Dance

Saturday, August 10, 8:00-9:30AM – Mary Lyon Dorm

Ages 5-10

Jim Conner: Elementary School Music Teacher, Gardener and Beekeeper.

Children will participate in movement stories and song stories from around the world, and learn a traditional folk dance or two. We will visit different cultures, explore body movements, and get a little fun exercise along the way.

71) Theatre Games

Saturday, August 10, 8:00-9:30AM – Mary Lyon Dorm

Ages 8-12

Sharlow Hitchcock: Teen actor and gardener.

Melanie Conner-Myers: Teen actor.

Do you like to act? To improvise? Are you good at thinking on your toes? We will play some fun improvisational theatre games and activities and show our NOFA spirit with a few farming related theatre prompts.

97) Make a Hot Pad

Saturday, August 10, 10:00-11:30AM – Mary Lyon Dorm

Age 7-12

Mary Lou Conna: Former Scout Leader, former elementary school teacher, and crafter.

Sew four squares together and make a hot pad. Mary Lou has been presenting children's craft workshops for many years at the NOFA Summer Conference. Children will learn the many rewards of being able to make basic stitches.

97.5) Make a Splash Water Festival

Saturday, August 10, 10:00-11:30PM – Mary Lyon Dorm
Ages 5-9

Colleen Burke: Parent, farmer, Project WET coordinator.

Water is one of Earth's most precious resources. Come celebrate water in this fun festival of games and learning stations, including the popular water relay that demonstrates how farmers "fetched" water, H2O Olympics challenge, and the laugh-outloud Wictionary.

98) Music with Friends

Saturday, August 10, 10:00-11:30AM – Mary Lyon Dorm
Age 9-12

Tad Hitchcock: Musician, Music teacher, gardener, father.

Valerie Walton: Believer in music and its power to bring us together.

We will sing, play percussion, and think about ways that music helps us to create friendships and express ideas. Then we will join the teen jam session for a few tunes.

123) Children's Parade & Celebration Prep

Saturday, August 10, 1:00-2:30PM – Mary Lyon Dorm
age 5-12

Childrens Conference Teachers:

Mark and Sue:

Sing songs, decorate floats, paint faces, dress up, and create a wonderful parade! Children's conference teachers will help children make hats, streamers, and decorations for this annual event. The Expandable Brass Band will join the kids and show off their instruments. Later they will march in the parade. Parents: please arrive by 2:30 p.m. to be with your children in the parade.

147) Clay Techniques

Sunday, August 11, 8:00-9:30AM – Mary Lyon Dorm
Age 5-12

Pearl Silverman: Studies ceramics and pottery; enjoys teaching children to create with clay.

Learn simple clay techniques, such as coil-building and pinch pots, used by many cultures to create vessels. We will be using air-dry clay, so participants can take their projects home. Come get your hands dirty and make something beautiful!

149) Yarn and Tree Branches

Sunday, August 11, 8:00-9:30AM – Mary Lyon Dorm
Age 2-7

Audrey Cronin: Long time NOFA member and third year children's conference teacher.

We will use yarn and beads to make beautiful creations from tree branches and cardboard cut outs as well.

175) Making Friendship Bracelets

Sunday, August 11, 10:00-11:30AM – Mary Lyon Dorm
Age 9-12

Murphy Kenny: Teen Crafter who sells hand made accessories.

J.Barr Kenny: Parent, elementary art teacher, gardener.

Come and have fun making friendship bracelets! Participants will learn 4 basic stitches. Together we will start bracelets to take home and finish on our own. People with no experience can come and learn how, and those with experience can learn new techniques.

176) Papermaking

Sunday, August 11, 10:00-11:30AM – Mary Lyon Dorm

Age 5-10

Amanda Hansell: Pediatric occupational therapist, passionate about connecting children and nature. Children will learn how to make paper using recycled materials. They will gather their own herbs, flowers, and other natural items to decorate. Each child will create their own paper to bring home!

200) Fun Science in Your Kitchen

Sunday, August 11, 1:00-2:30PM – Mary Lyon Dorm

Age 7-12

Christina Leuci: Longtime NOFA Summer Youth Conference volunteer. Children will be using safe common kitchen ingredients to make fun chemical products. We will make Flubber, a mixture of glue and borax, bouncy eggs, tie die milk, and we will experiment with balancing utensils.

CHILDREN'S WORKSHOPS: OF THE EARTH

20) Building Fairy Houses

Friday, August 9, 2:00-3:30PM – Mary Lyon Dorm

Age 5-12

Pam Kimball: Working to create sustainable communities and protect the land www.mountgrace.org. Come explore the “land of fairy” together in the natural world. We will share stories of fairies and build fairy houses made of found natural materials outside together. We will tour our fairy houses around the fairy village and then draw pictures of our creations!

46) Go Native in the Garden

Friday, August 9, 4:00-5:30PM – Mary Lyon Dorm

Age 6-12

Lorna Wooldridge: Teacher, gardener, former homeschooling parent, and dyslexia specialist tutor.
Phil Wooldridge: Gardener, small engine mechanic and fixer of about anything. We will show you how to grow your own native plants from seed, explore together how native plants are used, and learn about the insects whose lifecycles are bound up with them. Every participant will leave with a native seed ball to take home and plant.

68) Painting and Planting

Saturday, August 10, 8:00-9:30AM – Mary Lyon Dorm

Age 4-8

Anais Sidonia: Longtime NOFA teen and art lover.
Emily Hitchcock: Longtime NOFA teen, gardener, beekeeper and art lover. We will paint and decorate small pots, and then plant a seed in them. Each participant will have a plant of their own to take home and take care of.

99) Plant Drawing and Identification

Saturday, August 10, 10:00-11:30AM – Mary Lyon Dorm

Age 5-12

Lani Palm: Homeschooled farmer/artist. We will learn to identify plants and learn their distinguishing marks by drawing them.

146) Beekeeping For Everyone

Sunday, August 11, 8:00-9:30AM – Mary Lyon Dorm

Ages 5-12

Anita Deeley: Beekeeper, honey bee educator and founder of Beverlybees.com.

Learn to identify honeybees and understand their role as pollinators, spot the queen in a real observation hive, try some raw local honey, roll your own beeswax candle, and perform a mock hive inspection in a beekeeping suit! [More info.](#)

174) Common Herbs and Their Uses

Sunday, August 11, 10:00-11:30AM – Mary Lyon Dorm

Age 5-12

Hedy Stegner: Homesteader, Children’s Conference Teacher, with interest in herbs and sustainability.

We will learn to identify herbs such as dried nettle, fresh plantain, fresh dandelion, and fresh mullein and we will learn about some of the potential healing qualities (and reasons to be cautious of) of these common herbs. We will have a drink of honey-sweetened cold nettle tea.

200.5) Growing Green: The Wacky World of Plants

Sunday, August 11, 1:00-2:30PM – Mary Lyon Dorm

Ages 6-10

Lily Joslin: Food Corps Service Member.

Esther Gottesman: Garden Educator.

We will play fun games exploring plant life cycles and nutrient needs, learning just what it takes for a tiny seed to grow into the delicious fruits and veggies that we eat every day.

TEEN WORKSHOPS: FUN AND POWER

24) Tie Dye and Get Acquainted

Friday, August 9, 2:00-3:30PM – Campus Center UPUB (Concourse Level)

Valerie Walton: Youth Conference coordinator, musician, gardener, educator, parent.

We’ll cover tie-dying basics and then create your own work of art. Bring: pre-washed white fabric or shirt to dye. We will have some ice breakers to help teens become acquainted.

48) Organic Filmmaking

Friday, August 9, 4:00-5:30PM – Campus Center UPUB (Concourse Level)

Cheri Robartes: Filmmaker, musician, teacher and homesteader.

Doc Pruyn: Filmmaker, writer, cardplayer and woodman.

We’ll learn a bit about making really good short films for YouTube (or wherever), then we’ll shoot some footage.

100) Second Annual Jam Session

Saturday, August 10, 10:00-11:30AM – Campus Center UPUB (Concourse Level)

Santina King: Graduate of USM, performing and traveling musician and singer/songwriter.

Bring your instruments! We’ll be getting our songwriting juices flowing, along with some sharing of tunes that we already know. All levels welcome. Bring your ideas.

100.5) How to Make a Pinhole Camera

Saturday, August 10, 10:00-11:30 – Campus Center UPUB (Concourse Level)

Emma Kraus: Teen Homeschooler/College Student, 4-H Teen Leader, Photographer, Writer, Sailor. Do you like photography or just love taking pictures? Come learn about the history of pinhole photography and how to make your own working camera out of only a matchbox and film! You will go home with a camera that is ready to use!

202) Drop Spindle

Sunday, August 11, 1:00-2:30PM – Campus Center UPUB (Concourse Level)

Leslie Ardison: Drop spindle spinner who loves to get others started with a spindle.

Learn the basics of how to spin wool on a simple drop spindle that you will make and be able to take home.

TEEN WORKSHOPS: MIND AND BODY

72) The Monopoly of our Food System

Saturday, August 10, 8:00-9:30AM – Campus Center UPUB (Concourse Level)

Lucas Lombardi: Active unschooled college student, who loves politics.

In this seminar based workshop we will discuss the current state of our food system here in America. We will cover the many facets of a food monopoly, including the political influence of these corporations, and how they are undermining the integrity of our food.

73) Yoga / Tai Chi for Teens

Saturday, August 10, 8:00-9:30AM – Campus Center UPUB (Concourse Level)

Terry Myers: Gardener, parent, music and yoga teacher.

Yoga promotes unification of body and mind, increasing your awareness, and guiding you to a place of peace and inner strength. Stretch your body, relax your mind and find out more about this 4,000 year-old practice. Wear comfortable clothes, bring water bottle, and mat. Some mats available.

150) Animal Husbandry and Human Midwifery

Sunday, August 11, 8:00-9:30AM – Campus Center UPUB (Concourse Level)

Jen Byington: Childbirth educator with homebirth, pet, and farm animal breeding experience.

I will present information regarding pregnancy and birth of pets, farm animals, and humans, concentrating on the variety that is of most interest. A chance will be provided for anonymous questions to be submitted so that topics can be tailored to issues of special interest to the participants.

177) Exploring Sustainability After High School

Sunday, August 11, 10:00-11:30AM – Campus Center UPUB (Concourse Level)

Erin Senghas Kassis: Production Manager at Nine Mile Farm, Delmar, NY.

Nathan Aldrich: Sustainability Coordinator for UMass Amherst Auxiliary Enterprises.

College? Career? Internships, gap years, and traveling abroad? This workshop explores post-high school options for studying organic agriculture, permaculture, and sustainable practices. We will hold a conversation between workshop participants and a panel of recent college graduates about the experience of choosing a college and following your passion.

TEEN WORKSHOPS: OF THE EARTH

23) The Joy and Health Benefits of Keeping Goats

Friday, August 9, 2:00-3:30PM – Campus Center UPUB (Concourse Level)

Alisande Cunningham Sweeney: Runs Juniper Hill Farm, an educational homestead in Amherst, MA.

I'll provide a basic overview of getting started with dairy goats; choosing a breed, milking equipment, goat health care, nutritional benefits, smoothie recipes, take out "books", and goat groups. This will be hands on outside with live goats. Plenty of time for Q & A.

124) The Hows and Whys of Composting at School

Saturday, August 10, 1:00-2:30PM – Campus Center 903

Karen DiFranza: Directs the Quabbin Composting and Organic Gardening Program.

Students from Quabbin Composting and Organic Gardening Program.:

There are numerous reasons to compost at school: preventing greenhouse gas production; creating a valuable resource for growing organic veggies; and empowering people to make choices about how they use natural resources. We'll present ideas about how to get started at your school.

125) What is Your Ecological Address?

Saturday, August 10, 1:00-2:30PM – Campus Center UPUB (Concourse Level)

Seth M. Yarish: High School marine science & chemistry teacher for 25 years.

Participants will learn what is their "ecological address" and how they are connected to the environment through the watershed they're part of. Workshop involves group and individual activities followed by group discussion. This will be a hands-on and minds-on workshop. Participation is important.

151) Encaustic Painting and Bee Talk

Sunday, August 11, 8:00-9:30AM – Campus Center UPUB (Concourse Level)

Stéphanie Williams: Artist and beekeeper, originally from France.

Do you like drawing or painting? Encaustic (which also goes by "hot wax painting") is an ancient technique. Learn to paint with hot wax while learning about the bee hive and its products, and taste testing various honeys.

178) Tracking and Awareness Games

Sunday, August 11, 10:00-11:30AM – Campus Center UPUB (Concourse Level)

Rayna Palm: Homeschooled farmer teen.

Lani Palm: Homeschooled farmer teen.

We will play fun awareness games and practice walking silently even where there are leaves that could give you away. We will also teach some common birds in the area.

203) Investigating Renewable Energy **OLC Track**

Sunday, August 11, 1:00-2:30PM – Campus Center UPUB (Concourse Level)

Heather Botelle: Has more than 10 years experience teaching teens about renewable energy.

Participants will learn about the advantages and disadvantages of solar and wind as renewable energy options. If the sun is shining we will explore the importance of angles in the solar design. We will discuss the importance of blade design in windmills and build several types for testing.